

Real. Raw. Awake

fierce TRUTHS

ISSUE 28

SPIRITUAL MAGAZINE

THE ASPIRE SERIES

INSPIRING GLOBAL
LEADERSHIP

WITH
Michelle Gardiner

120-PAGES
BIGGER

How to **PROTECT YOURSELF**
against **ENERGY VAMPIRES**

Do YOU NEED TO
BOOST YOUR MOOD?

Let **INTUITION**
BE YOUR GUIDE

How to make
FEAR YOUR FRIEND

The 5 Advantages to
LIVING IN INTEGRITY



Reforestation isn't just about **trees.**

Our Old Growth Forest Project in British Columbia aims to reforest high-priority OGMA (Old Growth Management Areas) that burned during the 2017 Plateau wildfire. These areas were severely damaged and are not expected to reforest naturally for a very long time. Following stringent Old Growth reforestation standards, we will mimic natural regeneration to restore wetland-adjacent areas and rebuild visual and thermal vegetation cover, which are essential for moose habitat.



To learn more, visit onetreepanted.org/british-columbia



We acknowledging the Traditional Custodians of
Mother Earth and offer our respect to their
Elders past, present and future.

We extend that respect to the First Nations of all
countries as the Traditional Owners and ongoing
custodians.

In particular, a special acknowledgement to the
First Nation custodians of Australia.

Welcome!

from our fierce founder

Welcome to issue 28 of Fierce Truths Magazine! I am sure I feel myself get sick of saying this, yet, what a shake up we've all experienced of late. Although it may feel more than usual at the time, really, it is just a part of the ascension process as we shift as a collective, into a higher state of consciousness. Having that understanding doesn't necessarily make the experience easier, yet it can allow for a smoother ride. Because, as I find myself saying more than usual of late, awareness is key. In every aspect of life.

I hear you saying though, HOW does that relate to FTMag? Simple. Raising awareness is what what our content is about. Because without it, we remain in the dark and life can seem like a prison. I don't want that for myself, and I certainly don't want that for you.

So, as with every issue, I've put together a tapestry of soul goodness for you to immerse yourself in with the intent of leading you to inner greatness. Which already existing within you by the way, and if you have been having trouble finding it, well... let us lead you there.

Our intent with every issue of *Fierce Truths Magazine* is to inspire, transform and spiritually educate you. Giving you the tools you need to activate that best version of yourself. So, I **Hope that one of our articles will remind you of how extraordinary you are, and how incredible your life can be.**

With fierce love,

KIM BLEEZE

Founder & Vision Holder

FIERCE TRUTHS MAGAZINE



Follow us on social media
@fiercetruthsmagazine





5 Letter from the Founder

A welcome for this issue from our founder, Kim Bleeze.

7 Team and Contributors

Find out who has contributed to this issue.

12 Let Your Intuition Guide You

Discover 3 steps to letting your intuition guide.

16 5 Steps to a Purposeful Life of Freedom

Life can be as free as you want it to be. Find out how with - **Rik Schnabel**

22 Advantages of Living Your Life with Integrity

How to live a joyful life centred around doing what is right for your soul - **Dr Catherine Wilkins**

28 Change Your Life with Simple Bedtime Hacks

Even our bedtime routine can help contribute to creating a joyful life - **Pallavi Prasad**

36 Aspiring Global Leadership for Woman

We interview Michelle Gardiner about The Aspire Series and creating global change.



50 Fear as Our Friend

How to turn foe into friend to live a happier life - **JL Keez**

60 Self Love Planner

Ask yourself these monthly questions and find yourself back to love.

68 Forgiving Yourself

The hardest part about being human is learning to cope with our imperfections. - **Mapesho**

72 Create a Sacred Meditation Space

Creating sacred space for yourself doesn't have to be complicated.

80 The Complete Guide to Boosting Your Mood

Learn how to boost your mood without paying a cent - **Amber Clarke**

84 Healing Grief

We talk to readers about the loss of a loved one and healing.

88 Colour in and Chill

Take a moment to unwind and come back to presence by colouring in.



Monthly
Musing

93

Monthly advice
with our fierce
team of experts!

96 Empowered Healing

With Karina Barca

98 Movement Matters

With Leila Verban

100 Spirit & Soul

With Lindie Gunston

102 Channeling a New Earth

With Paul Quinton

104 Self-Love and WOO

With Jasmine Gatt

OUR TEAM

Editorial

Kim Bleeze

Editor-in-chief | Creative Director | Lay-out Design

Analee Davie

Proof-reader

Andrew Karabatos

Cover Designer | Layout Consultant

Our Fierce Experts

Karina Barca

Empowered Healing

Lindie Gunston

Spirit & Soul

Leila Verban

Movement Matters

Paul Quinton

Channeling a New Earth

Jasmine Gatt

Self-Love and WOO

Guest Contributors

Dr Catherine Wilkins

Advantages of Living in your Integrity

Rik Schnabell

5 Steps for a Purposeful Life of Freedom

Pallavi Prasad

Change your life with simple Bedtime Routine Hacks

JL Keez

Fear as Our Friend

Mapesho

Forgiving Yourself

Amber Clarke

The Complete Guide to Boosting Your Mood

Staff

Jasmine Robante

Outreach Manager
Social Media Engagement

Contact

Management & Advertising
fierce@fiercetruthsmagazine.com

Support & Inquiries

ask@fiercetruthsmagazine.com

*What are you
waiting
for?*

fierce
TRUTHS
Magazine

Find yourself...

by getting lost









LET YOUR INTUITION GUIDE YOU

3 EASY STEPS TO GET YOU STARTED

Fierce Truths Magazine

Are you aware of your inner voice? Do you pay attention to it? I'm not talking about that inner critic that influences the less-serving choices you might make or tells you how you will never be good enough. I'm talking about the voice that softly whispers ideas and suggestions to you, the kind that the other voice might try to shut down, crying, "Are you mad!? Doing that 'thing' will require you to step out of your comfort zone, which is to be avoided at all costs."

Even if the cost is living a life of mediocrity instead of one of your dreams.

Sadly, the latter voice is the one most of us are aware of and pay attention to. The gentler one, the one that is our intuition (and even spirit), is often ignored or not even heard at all. The great pity here is that it's our intuition that really has our best interests at heart. Our shadow voice (the louder, more aggressive one) does have our welfare at heart too, but in a protective way that wants us to remain in fear.

What's wrong with that overprotective voice? Well, it limits us and ultimately erodes our wellbeing at a soul level. And believe it or not, that's not good for our physical or emotional wellbeing! If you're unfulfilled at a soul level, slowly and imperceptibly you will develop a nagging feeling of general discontent which can have a rippling effect on your mood, self-esteem and ultimately your physical and mental health.

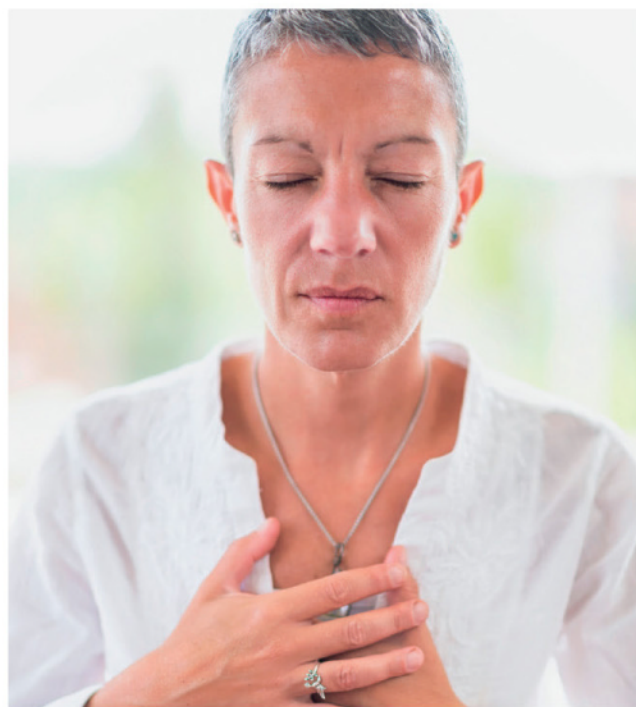
The gentle voice of your intuition will, if listened to, stretch you beyond your comfort zone, but never more than you are capable of. It will challenge you, but also support you. It always has your best interests at heart, at every level: physically, mentally, emotionally, spiritually. It will not only gently nudge you in scary directions which will yield huge and unimaginable rewards, but it will also gently nudge you when it's time to stop or turn around.

When you tune into your intuition and allow yourself to be guided by it you will be surprised at how much easier formerly assumed challenges will become. And how much good fortune lands in your lap (we call it synchronicity). And how good it feels to be at ease with yourself and all your life experiences, even the ones you wouldn't choose! If you're not used to listening to your intuition, learning to tune into it will require time and patience. At first, you may be unsure which voice is which (especially as your shadow voice often sounds very reasonable), and using your intuition is very much like using your physical muscles. You need to use it regularly in order for it to be in the shape you want.

*So how do you get to know your
intuition better?*

First of all, start to watch out for hunches, feelings, ideas that crop up. Pay attention to the voice that accompanies it. Is it gentle, positive, supportive?

If it's aggressive, domineering, or using scare-mongering tactics it's more likely to be your shadow voice. If you're getting a feeling of warning, is it a loud and threatening one? (shadow). Or an insistent knowing one? (intuition).



Here are some great first practices to get you started. And if intuition isn't new to you...

This is your chance to check-in and establish a stronger connection to it.

Recognize it and encourage it.

Try to find areas in your own life where you naturally intuitively operate. What is something that you are just naturally good at without studying? What is an area where you trust your gut and it is almost always right? That is your intuition speaking, continue to listen and nurture it.

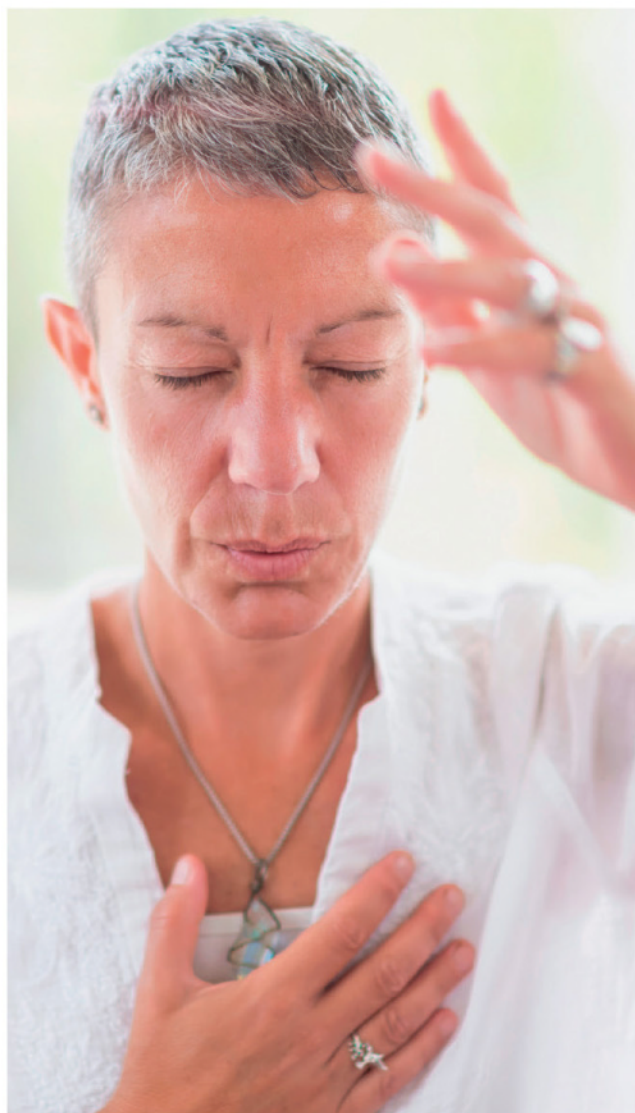
Study it to make it more trustworthy.

Start questioning your hunches. Study your strong feelings about that taxi, and you might say, "Oh, it's just my fear of yellow taxis." Get in the habit of paying attention to and studying your intuitive feelings.

Where does your intuition work best? If you're always right about your intuitive stock picks, give a little credence to them. On the other hand, if your hunches about people are usually wrong, don't follow them. Just pay attention more, and you'll be developing intuition about your intuition.

Give it good information to work with.

Your skill, knowledge, and experience determine the potential effectiveness of your intuition. Learn enough about a subject, before expecting good hunches about it, or before trusting the hunches. Work in the area you want more intuition in. When enough information is in your mind, it will go to work for you with or without your conscious participation, so feed it well.



The scary thing about trusting your intuition when it's new to you, is that it's not based on logic and often what it suggests to you cannot be justified logically. But with practice and trust, you'll learn that knowing that something is the right thing to do, is in your best interests. It'll be easier to shrug off your own shadow voice and that of others (who will fear for your best interests on your behalf).

The key to developing this essential trust in one's intuition is to start small. Don't make life-changing decisions based on your intuition if you're not familiar with it (you might still be confusing your two inner voices). Do ask your intuition to guide you with smaller decisions and wait for the gentle knowing feeling to arrive. Don't expect an instant answer, but watch out, for it will come and you'll know it when it does.

Recognize your intuition and you'll have hunches and ideas more often. Study it and you'll learn when to trust it. Give it good information and you'll be repaid with good hunches and ideas.

This is the simple formula for developing intuition. Over time, as you tune in more and more, you'll find you suffer less and less with worry or anxiety. You'll trust all will work out well, and often you'll find it works out better than you could ever have imagined!

IMAGINE....

YOUR AD HERE

5 Steps to a Purposeful Life of Freedom

By Rik Schnabel

If you are not living the life of your dreams, then let me share how you can do that...

Today I'm sitting on a beach in Tugan, Queensland. I am living the life of my dreams. It's a delightful 21 degrees. The sun is shining, and the day is full to the brim with promise. I can do whatever I want.

What I do for a living isn't work, but many people might call it that. I teach Neuro-Linguistic Programming. I love it. I teach coaches how to coach and set up a successful lifestyle business. I love that too. I work, if you can call it that, three days a week doing what I love.

You might be asking; how did I get here? How did I get off that hamster wheel to create a life of freedom? Let me start when my life was anything but free.

Twenty years ago, I worked in a busy office. I had no idea how to create the life of my choosing. I did what everyone else did. I got educated and got a job where I could earn the most I could. I'd worked for way too long with the same old belief that this is what people did.

With no hope in my soul...

Each morning, with crusty eyes, thinning hair and a look of bewilderment. I would wake up at 6:30 am and stumble into the shower. After a rushed breakfast, I brushed my teeth and jumped into my car. Screeching into bumper-to-bumper city traffic, I turned on the radio. I listened to the same old DJs talking their usual superficial drivel. I lived for my weekends. This was not living the life of my dreams by any stretch of the imagination.

I was a part of the human race, but I felt like I was coming last.



Arriving in the office an hour and a half before I needed to be, was the norm. Leaving work at 7 pm or sometimes 9 pm was typical. Finally, at home, around 10 pm, I was too tired to talk to my wife. I was always too tired to do anything but have dinner and go to bed.

The highlight of my weekends was breakfast out somewhere. Then later, a zombie stroll through the Botanical Gardens. Life, at the time, felt like sliding down a cheese grater. I used to think, "Is this living? There must be more to life?" I was a part of the human race, but I was coming last. This was not living the life of your dreams.

The thoughts in my head weren't pretty, but no one but me heard them. I had to start asking myself better questions, but I wasn't. It was actually my wife Rebecca who did.

It was a Saturday, and I was laying on the couch. I waited for my family to get themselves ready to go out for breakfast. I was thinking, "Another weekend and all I want to do was rest." When my wife said, "You know how we love going to warm places near beaches on our holidays?" At which I agreed in a drone. She continued, "What if we lived that resort lifestyle now? Instead of reserving that lifestyle for our holidays?" To which I replied, "How?"

Sometimes, when your energy is low, the last thing you want to do is work out some complex problem. On reading my response, Rebecca lifted her tone. She began reciting some of our friends and even two of my mentors who had created freedom in their lives. She then set the challenge.

She said, "Why don't you ask them how they did it?" Not a bad strategy, I thought. So, I did and here is the advice I got. To cut a long story short, I followed it, and that is why I'm writing to you today.

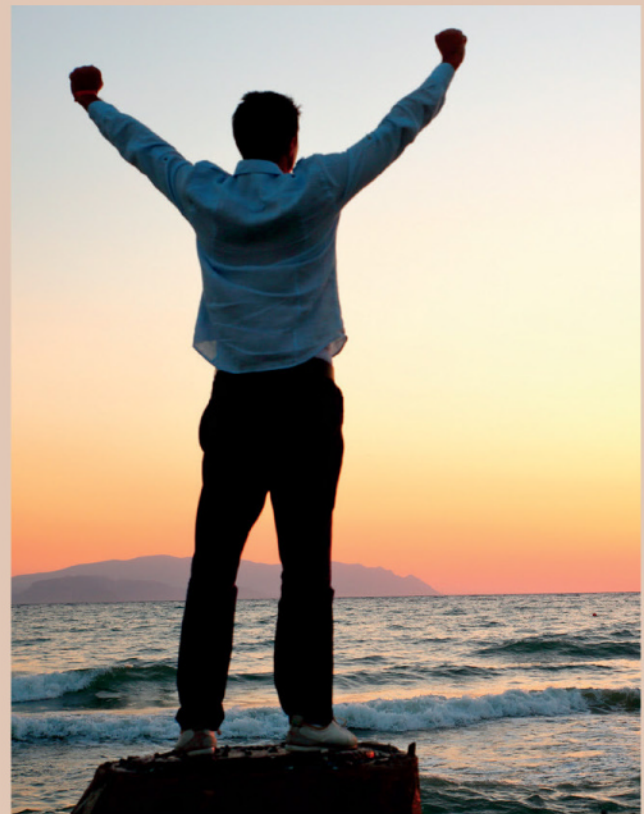
Have you ever been sick and tired of being sick and tired?

I was sick and tired of being sick and tired. I decided that I'd had enough, and from now on, it was going to be "Beach or Bust!" Let me share how I did that in five simple steps. Not easy steps, but simple to do, and you can do them too.

STEP #1: How much money to survive, not thrive?

Tony Frederick is my best friend; he is also a clever man and mentor with a 'can do attitude. I shared Rebecca's idea with Tony, and he said, "The first thing that you need to do is do the numbers. Work out how much money you need each month to survive, not thrive. Get rid of all those needless expenses that are not needs but wants. You know, the extravagances that are nice to have but not necessary. Reduce your overheads so that the transition is simple."

It was great advice, and in the first month, I marvelled at how much more money we had in the bank. Tony said, "Build a financial buffer that might equate to about half a year of your normal income."



STEP #2: Research your ideal mobile business.

These days, there are so many ways to make money without having to go into an office or live in one spot. You can search Google for "mobile business ideas", and you will get over one billion results. I decided to learn how to become a coach.

You can coach anyone, and you can coach from anywhere that has an internet connection. Coaching is a mobile business. (In fact, today, from the beach, I'll be coaching a client in China this afternoon on Zoom.)

STEP #3: Start your mobile business as a side hustle.

This was sensible advice. Tony suggested that I continue my job AND build my mobile business in the evenings and on the weekends. Sure, I was going to be one busy guy, but the mission, after all, was "Beach or Bust." Tony insisted that if it was a true mobile business, I would be able to create it from anywhere at any time. Life Coaching was perfect because most of my clients wanted to work with me outside of working hours. I banked as much of my fulltime income as I could and all my coaching income.

STEP #4: Prove your product and master the marketing.

Starting a business is one thing and building your skill is another. That takes a commitment to practice. The next skill you need to build your business is to master getting clients or customers. Now I was already a good marketer, yet most of my skill was offline, not online. So, I did extra study to master the online game. In four steps, I was ready to launch my laptop lifestyle. But Tony suggested one more step.

STEP #5: Make a third of your current income in your side hustle.

In 3 months, I had money coming from everywhere! I had my regular income and my business income coming in. I did what Tony suggested, and I banked the money from my side hustle and built a buffer. After six months of starting my new venture, I was ready to quit my job. I remember it was March 2004. It was the first day of my new life. It was scary. Though I felt free for the first time in my life. No bosses. No bureaucracy. No reports, and I could design my business and my life my way.

It's now October 2022, and I am still living a life of freedom and because of our business model, we continue from strength to strength. I went on to complete my training in coaching and NLP. Today I am a Master Trainer of NLP, Coaching and Ericksonian Hypnotherapy.

You can too – if you want it? Follow these five steps to freedom, and who knows; we may bump into each other at the beach?



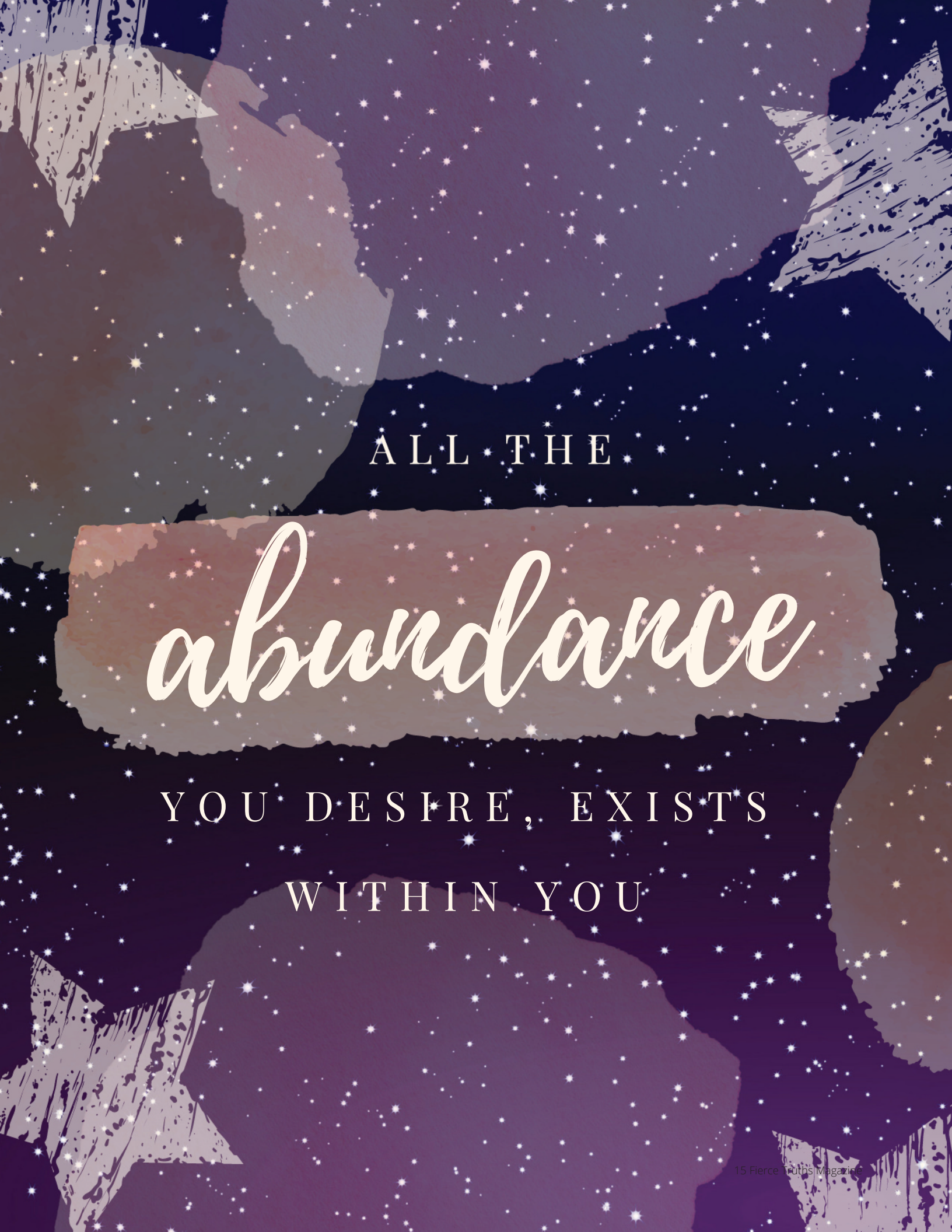
"We must be free not because we claim freedom, but because we practice it."

– William Faulkner



Rik Schnabel is Australia's #1 Brain Untrainer and Life Beyond Limits Life Coach Trainer, and Master NLP Trainer. He is also an international multi-best-selling author.

Visit Rik's website at www.lifebeyondlimits.com.au/



ALL THE

abundance

YOU DESIRE, EXISTS

WITHIN YOU

WE LOVE OUR MAGAZINE



Feeling Disconnected?
It might be time to

Tap Into Tribe

by Meg Crawford

***Because it's never been so important to build
community, a former lone wolf shares her top tips
for finding crew***

I'm all about tribe – unabashedly – and I have a number of them too. For starters, I'm a sober woman, a practicing witch and a dyed-in-the-wool Richmond supporter. I'm also fortunate to have family and pals I love dearly. All of these connections make my life rich, and bring me meaning and purpose.

However, I haven't always felt this tapped in. Towards the end of my drinking I was as isolated AF. I was bored to bits and my life extended no further than work and the local. No wonder I was lonely – it's difficult to commit to doing anything when you're permanently hungover.

Since pulling the pin on drinking, I've watched my life unfold in ways I could have anticipated, but in almost all of developments, there's been an aspect of community.

Undoubtedly, while we're in the thick of a pandemic, there are some practical limitations on how we can build community, but it's not impossible. I know from experience, feeling isolated does make things harder, so, right now, I have to try harder. With that in mind, here are my primo suggestions for finding your tribe and getting connected.

Follow Us on Social Media
@fiercetruthsmagazine





Advantages of Living in Your Integrity

Dr Catherine Wilkins

Have you ever wished you could tap into the inner, wiser part of yourself? Or wanted an extra edge with what you were working to achieve?

In either case, you need to read this:

In an increasingly automated world, the unique voice and creativity that comes from living in your integrity is growing in value. When you live in your integrity, genuine authenticity is a by-product.

Integrity is that state of knowing Who-You-Truly-Are. It's having a clear and reliable sense of how to connect to your true self to guide yourself through all your choices. It's trusting yourself to make choices that'll work for you, even if you're not always sure exactly where those choices will lead to.

Integrity is the key to self-awareness. Integrity means you live in alignment with Who-You-Truly-Are, which leads to greater integrity. Read my book, *The Soul's Brain: the Neurology and Logic of Your Intuition* (published by Hay House), for more insights into the fundamental advantages of living in your integrity.

To get you started, here are five advantages to living in your integrity:

1 Understanding integrity is fundamental, not an add-on extra.

Functionally, integrity is a product of having all your aspects in a state of internal alignment. This means you live congruently, where every part of you supports every other part of you. For some, integrity is something to consider only when they have additional resources, as if it's something that'll cost them. That's completely upside down.

Being in your integrity is your optimal state. When it's the foundation for your life, you'll always make choices that'll work for you instead of making choices that don't and trying to get something good out of it later.

2 Integrity is the state of being in alignment to Who-You-Truly-Are.

Integrity means you're living from your core values, which are a direct expression of Who-You-Truly-Are. The more you embody your values, the more you realise about your true nature. Equally, the more you connect to Who-You-Truly-Are, the more you'll express and live by your core values. This always increases your sense of personal value.

Your integrity will also strengthen your soul seat or your thymus. The thymus is an important part of your immune system. Remember Tcells? The T stands for thymus. Your immune system recognises anything that doesn't belong in your system, and it's this recognition of what fits your pattern which is essential to health and healing. You can learn to work with this more consciously by developing awareness of your soul-seat. By focusing on the thymus or soul seat and learning to recognise when this area is tense or relaxed, you can develop an inner compass for those things that support you and your fractal pattern – and so your health and healing – and those things that don't.

Strengthening your soul seat will increase your sense of inner calm.

3 Integrity is a powerful decision-making tool.

In our fast-paced world, it helps to have a tool to make swift decisions that you know will work for you. Your integrity is that tool.

Integrity-based decisions increase your core values and your connection to Who-You-Truly-Are. Such decisions will always lead to expressing your best self. Integrity will also empower conscious intuition, as discussed in The Soul's Brain.



4 Integrity guarantees your uniqueness in the market of business and life.

When you're in your integrity, you're at your most efficient. When every aspect of you is aligned to Who You Truly Are, everything in your life will give you energy; your home life will give you energy for your work life, which will give you energy for your home life. Every action you take will strengthen your connection to Who-You-Truly-Are, and it will express Who-You-Truly-Are. And you are unique in all the Universe.

Living from your integrity means you'll be expressing your unique genius every day. This is a guaranteed edge that'll give you advantages because it's an edge that'll always work for you.

5 Integrity is your passport to authentic relationships

Truly intimate relationships can be hard to find. We all want to be truly seen and known, and that's a whole lot easier to create when we know ourselves and are able to acknowledge it to ourselves and express it to others. Authentic and intimate relationships are a natural result of living in your integrity because it means that the person others are relating to is Who-You-Truly-Are. When people love and support you, they're loving and supporting your true self. And there's nothing more fulfilling than knowing you are truly loved.

In life, you're either, Who-You-Truly-Are, or you're being who you think others want you to be. The authenticity of your integrity will always shine through, supporting you to make empowering choices as well as to realise more profound levels of satisfaction.

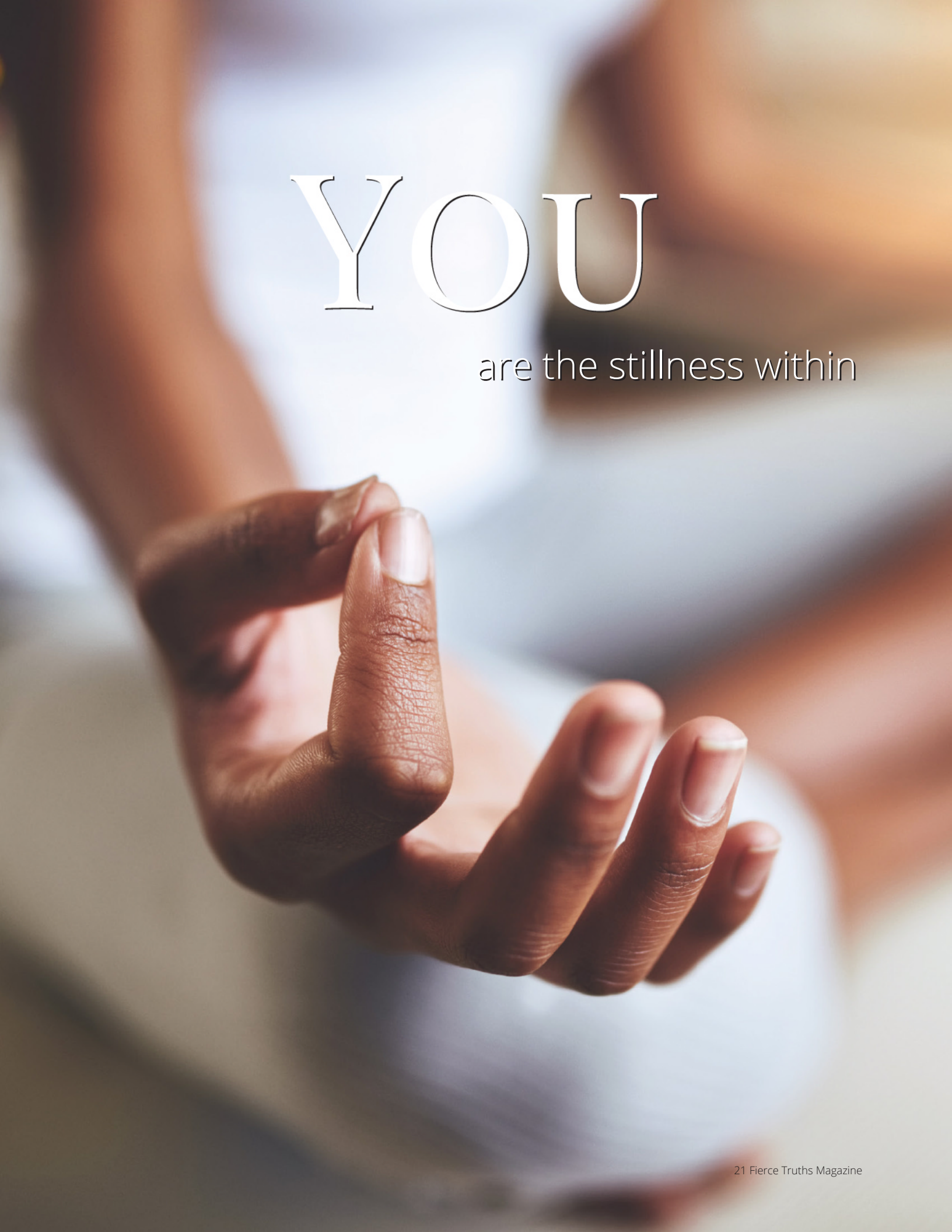
By living in your integrity, you get to be Who-You-Truly-Are which will lead you naturally in the direction of the realisation of your purpose and your greatest joys. Integrity is a skill that gives on so many levels.



Dr. Catherine Wilkins, founder Fractology – a holographic healing modality – author of The Soul's Brain. Her psychic gifts and solid medical and metaphysical understanding of the body enables her unique approach to healing energies.

Visit her website at www.fractology.info/my-story/





YOU

are the stillness within



you
are
emo

IMAGE CREDIT: ADOBE COMPTON



the
ough

IMAGE CREDIT: ADOBE COMPTATIANA



CHANGE YOUR **LIFE** with SIMPLE *Bedtime Routine Hacks*

By Pallavi Prasad

I want to ask you...What is the last thing you do before bed? Do you watch your phone, tablet or TV? Do you read books? Do you journal?

Nearly nine out of ten adults look at their phone/tablet before bed. New research suggests that nearly one in four UK adults have trouble sleeping because they spend too long on their phones before bed.

Did you know that your subconscious mind is always active, even when you are sleeping? The last thing you think about before bed is imprinted into your subconscious mind and works its way throughout the night, to bring it to your reality.

So why not give it a positive and happy emotion to work with? You could change your entire reality with just a few simple bedtime routine hacks.

But first, what's Reality shifting?

Our current reality is what we live today. We may be earning 2K/per month, which is our current reality. But we may want to earn 10K/month, which may be our desired reality. But did you know we constantly shift into different realities and others' realities by just feeling it? Every thought and emotion vibrates at a certain frequency. But just by tuning into this frequency, we can bring those emotions into our life.

Have you noticed when someone talks to you passionately about their dreams or desires or even a bad experience? You jump into their reality for a milli-second and feel what they feel. Sometimes you can visually see where they were and how things unfolded, as though you were there with them or were them!

So, I am going to break the ice and tell you that if you can deliberately visualise your desired reality over and over again and tap into the feeling that comes with it, it becomes your reality! When we show our subconscious mind the images of our desired reality from time to time, it cannot differentiate between what is real and what is not. So it brings into reality what it thinks and sees (over many times) is real.

This is a proven science, and it is easy to adapt to our everyday life.

We sometimes think that we feel happy when we watch funny videos before sleeping. But the truth is we can be happy only when we connect with ourselves. The more we connect to our devices, the more we disconnect from ourselves.

Here are a few things you can do before bed to help train your subconscious mind and help you practice positive bedtime habits. They are based on the principles of the Law of Attraction and Law of Vibration.

The more you practice these, the more you create your desired reality:

1. GRATITUDE

Gratitude is the most powerful tool to build your mindset. The more grateful you are, the universe will give you every more reason to be grateful for. Take a few moments to think of at least three reasons to be grateful for. It can be a small thing, such as the sun shining bright today, or bigger things, such as good health and job security. Close your eyes and feel grateful from all of your heart.

2. USING AFFIRMATIONS

When we think positive thoughts, we attract more of them into our lives. But how do we train our minds to think positively all the time? The answer to this is affirmations. Repetition can shift your emotions, which can shift your reality. Using powerful affirmations that resonate with your life triggers the emotions that you genuinely want to be in. Practising to be in this positive emotion every night becomes your habit.

3. PRACTICE LOVE

Love is the most powerful force in this world. So why not think of three people who truly love you and three people who you love. Yes! Being loved and loving someone can be different, although it can overlap. Knowing that you are surrounded by love is the coziest feeling in the world! When you feel love, you can attract and give more of it to others.

4. MIRROR TECHNIQUE

Self-love is also as important as seeking love from the outer world. Only when we can fully love and accept ourselves can we love others. When we have love for ourselves, and we free ourselves from judgement, we have unconditional love to offer to others.

Take a few moments to observe yourself in the mirror. Do not cuss on your flaws. Start noticing how you smile and how your eyes light up as you feel happy. Take time to appreciate yourself – your hurdles and how you overcame them. Remind yourself of your strengths, accomplishments, and virtues. There is only one soul like you in this world. You are special! Feel it, and remember to keep smiling!

5. OBSERVING IN SILENCE

The most amazing discoveries are made when you quiet your mind. Only When you quiet your mind you can hear what you truly want to hear from yourself. Close your eyes, place your palms on your chest and observe your breath for a few minutes. Observe how your body raises and falls with every breath. Notice the rhythm, like the waves of the ocean coming in and going back. Observe the body and mind being calm as you connect with yourself.



Last but not least, remember that whatever your day might have brought you, you have the power to change or enhance this experience. You don't need expensive devices or apps to train your thoughts. All it takes is you.

Every one of us deserves to be happy and live a fulfilling life that does not involve temporary and screen-led doses of serotonin.



Pallavi Prasad is a Manifestation and Mindset Coach. She has been practicing manifestation techniques for more than 15 years and helps heal physically, mentally, and spiritually with soul-led coaching. Pallavi's principles are mainly based on the Law of Attraction, Law of Vibration, Reality Shifting, Energy healing and raising vibrations with nature.

Visit Pallavi's website www.positivepowercoaching.co.uk



Live



ON YOUR OWN TIME

Fierce Truths Spiritual Magazine

JOIN US

Submissions always open

WRITE AN ARTICLE

Get Interviewed

SHINE

BE A PODCAST
GUEST!

GET PUBLISHED

Get your face in Fierce
Truths Magazine

JOIN OUR TEAM

BECOME A FIERCE EXPERT

SHARE YOUR STORY

Raise your professional
profile

www.fiercetruthsmagazine.com/collaborate

● **Regular Episode Release**

with Kim Bleeze & Scott Grasso



07.50

10.00



Fierce Conversations Podcast

STREAMING NOW

FIERCETRUTHSMAGAZINE.COM/LISTEN-PODCAST



YOU CAN

any

IMAGE CREDIT: ADOBE.COM/ARTLANYA

thing DO

IMAGE CREDIT: ADOBE.COM/ARTLANA

Michelle Gardiner

ASPIRING GLOBAL
LEADERSHIP FOR
WOMEN

WITH HER
The **Aspire** Series





"I just do my own thing."

Meet Michelle, founder of The Aspire Series, Aspire Societe, Aspire Summit and 55 Faces. We've interviewed her at a time when she is building a global empire. Because soon into her business career, Michelle realised some dreams have their own minds and are too big to keep confined to our human limitations.

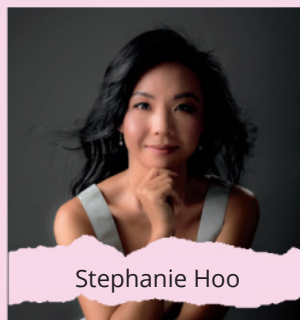
When changemaker Michelle Gardiner first created her company, her intent was women's circles and retreats—serving the individual woman and connecting her to smaller communities. Little did she know that she was giving birth to the beginnings of something special. Something global and more 'big vision' focused.

Especially since the birth of 55 Faces, a movement that aspires women to share their stories, and Michelle's goal is to have those stories shared with the world.

With a history in social work, Michelle has had a great deal of experience connecting individuals to the community. Aspiring those who need it the most to share personal stories to create change. So it goes without saying that her contribution to the world would continue to run along the same lines.

It was simply a pleasure to interview Michelle for this issue. Her sweetness and kindness shone through her interview, leaving no doubt that Michelle and her Aspire Series is meant for great things.

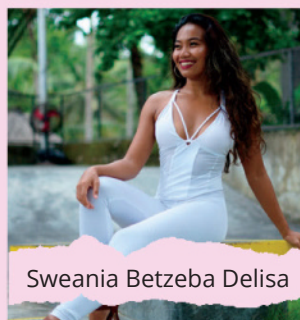
Let's see what Michelle had to say.



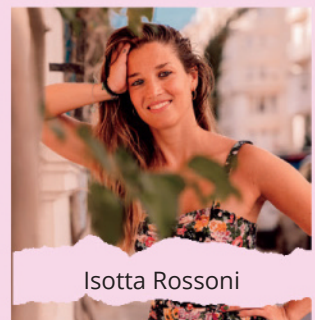
Stephanie Hoo



Wayan Anggriani



Sweania Betzeba Delisa



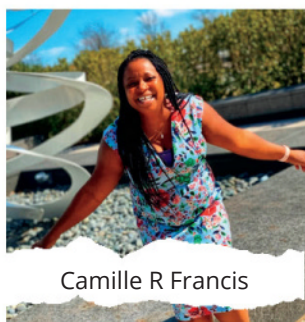
Isotta Rossoni



Catherine Shovlin



Sindy Asta



Camille R Francis



Runi Palar



Olivia Dianina Purba



Mandy Terbrugge

FTMag: Michelle, can you tell us a little about who you are? As a changemaker, woman and human?

Michelle: I got excited the second you said a changemaker. Why? It feels like a cool space to be in, and I can claim now.

So, I really enjoy making fancy hats. I'm passionate. I am constantly evolving, changing, moving, and flowing, and I think that's part of being a woman as well. Constantly tuning in and coming back to a few fundamental truths and reminding myself of who I am and who I am within what I'm creating.

Then reminding myself to just let go of everything that's outside of that and everything that feels misaligned.

Everything that I've wanted to create wants to be big. I want it to be contained, but it keeps deciding to be bigger.

For what reason, I don't know. But it's just the way that it wants to be created in the world and the impact that it wants to create. I feel like my skin is being stretched. Something that I come back to is the hat maker journey, where I get to be a human and I get to be an individual. I get to be random and quirky, do my silly things, and just be me and aspire.

FTMag: So, I'm curious about when you said the word 'aspire'. We'll talk about your business Aspire shortly, but as to the whole concept of aspire, how does this compare to the empire you are building and how it wants to be big? So how does that compare to who you are?

Michelle: Your medicine is your medicine for a reason. I was getting caught up in this headspace; I'm the leader of

this thing, I need to keep growing, I need to keep expanding and blah. Then I went through this point where I became quite sick. It was like every layer was stripped away, and nothing was left. I'm just me. I'm just a little human.

When I initially launched Aspire, it was Melbourne-based, women's circles, yoga classes, that kind of thing. But as soon as I launched that, I didn't want to be that; I wanted to be something else. Aspire always wanted to be something bigger than what I intended for it. And at one point, quite a lot of people said to me, are you going to let go of Aspire, and are you going to work under Michelle Gardiner? And for a while, I wondered, is that what I'm meant to do? But it never felt aligned. Everything about it has been channeled through me, but I still want to be me as a separate entity.

FTMag: What was the first vision, and what is your overall vision for Aspire?

Michelle: Years ago, I started with a business coach, and she said, "why don't we create a business, an organisation that replicates your work?" because I loved my work so much. So that was where it started.



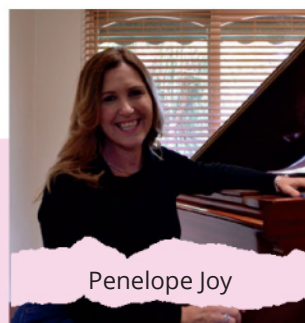
Julie Scollary



Ni Wayan Lillir



Merry Harijanto



Penelope Joy



Anne Carr



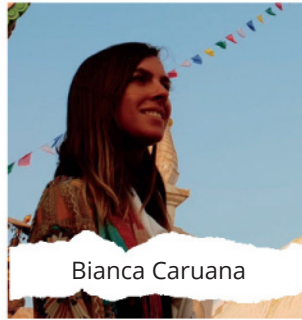
Teshalonika Krisanti



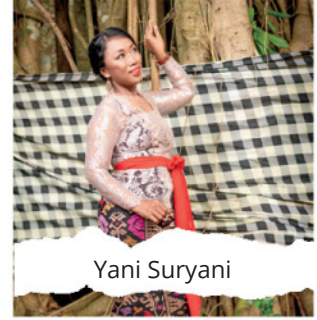
Stephanie Siefkas



Marsella Lestari



Bianca Caruana



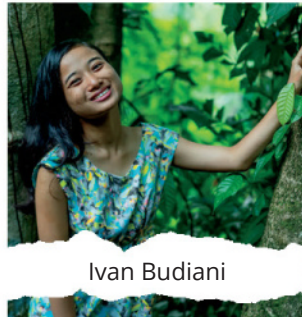
Yani Suryani



Agung Istri Sari Dewi



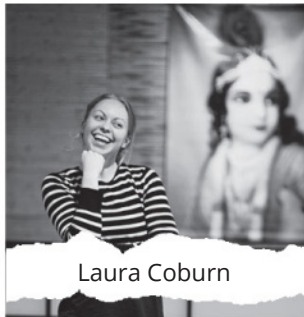
Jenny Chiu



Ivan Budiani



Asia Raine



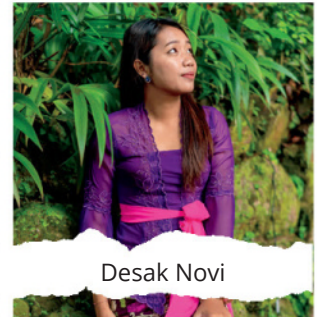
Laura Coburn



Emmanuela Shinta



Rina Mittiga



Desak Novi



Ida Rahayu



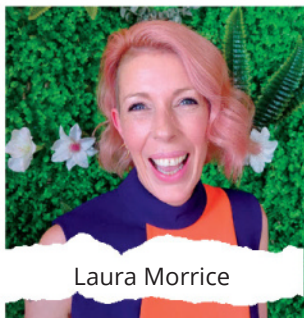
Marcelle Rouchon



Anak Agung Istri Wirati



Sharon Chemello



Laura Morrice



Novia Ayu Pratama



Gaelyn Miriam Larrick



Veradila Mega

"Then I went through this point where I became quite sick and it was literally like absolutely like every single layer just got stripped away and there was literally nothing left. I'm just me. I'm just a little human."

Within a few weeks, I was playing with this idea of what my business was even about. Then I went to bed one night, and literally, before I opened my eyes in the morning, the word 'aspiration' was there.

When you look at my social work background, I have spent years advocating to raise the aspirations of young people in our home care. So it made sense that it would be that, and the 'Aspire Series' sounded good. I wanted it to be a series because I wanted it to be a series of constantly evolving things. And I think by nature, the word aspiration is airy and constantly expanding. From the inception, that's what it's been like.

I've always wanted it to have structure and a framework, and as I said, it is something I exist within. Not something that exists within me. A few fundamental truths also came through from the start; that Aspire is about connection, expression, and leadership.

I also became passionate about rewriting women's stories. This was before I contemplated doing anything around writing and the themes of social change and impact because, as a social worker, I can't separate myself from them. Even after I studied coaching, it's my core training, and I think coaches could learn a lot from social workers in many ways.

So to me, it's always been an amalgamation of social work, coaching and narrative therapy. In more recent years, I



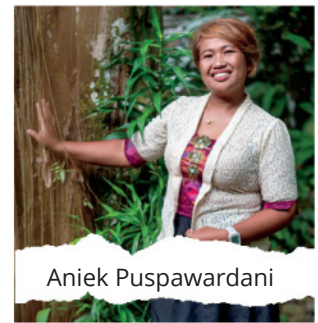
Aline Malebel



Toni Lontis



Rachel De Summa



Aniek Puspawardani

have become inspired by spirit and universal law as well. And then, I did my yoga teacher training. So it's an amalgamation of all those things, mushing together. It's big enough that there's room for me to grow into it and for women to grow into it, but it's also got its own identity.

FTMag: I love it. Let's talk about the book you are collaborating with 115 women on. It is an incredible feat to bring so many women together like this. Did you know what the hell you were getting yourself into when you first decided to birth '55 Faces'?

Michelle: In August 2021, I was looking for 55 women who wanted to share their stories on social media, and even at that point, it felt enormous. Then it turned into a book, and then it turned into two books. The first half year was insane and a crazy initiation into many things and an initiation into business. It was also the first time I took myself seriously because I worked full-time when I launched Aspire.

That first half of the year was, okay, where do I find my women? How does it begin? Where does it start? For both books, the first 20 women were simple, and it just happened. Then there was this in-between place where it was happening, and then it was not, it's moving, it's not and then once we got past that, something shifted again and boom, finish it off.



Ni Wayan Seriasiha



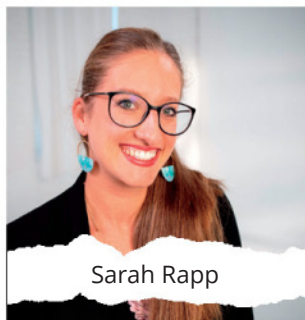
Suzana Mijhalovic



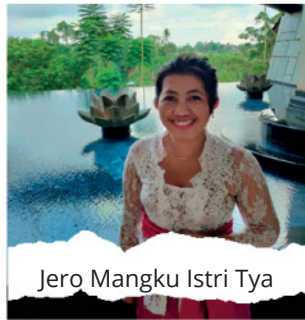
Agnes Apawu



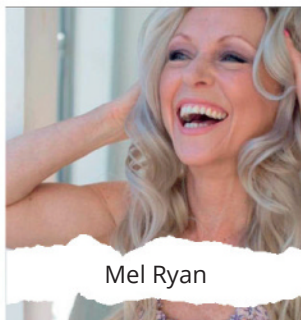
Tya De Costa



Sarah Rapp



Jero Mangku Istri Tya



Mel Ryan



Lidia Lavigne



Wayan Sonia Piscayanti



Christina Fletcher



Gezza and Gezsi Aulia Fitri



Gail Carmody



Francesca Fondse



Dea Sihotang



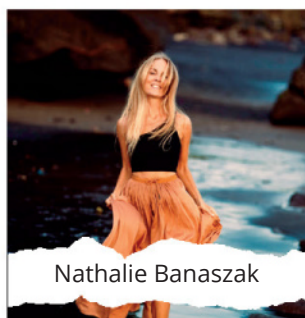
Jasmine Gatt



Ni Putu India



Ibu Sari Pollen



Nathalie Banaszak



Iffa Quonita



Lisa Cybaniak Gustafsson



Michelle Berger



Ni Made Ratni



Megan Rose



Astried Mazudha

It was a sense of when the energy is there, go go go, and when the energy is not there, take a breath. Swim in the ocean, or recharge and reset and then trust an opening somewhere will shift and move in some way. That was one side of it. The other side of it was putting together the books.

FTMag: What I love the most is that the second book is about Balinese women, which I think is incredible. What drove the decision to support Balinese Women?

Michelle: When I landed in Bali, I wasn't starting a book. I was just a tourist and meant to be there for five weeks. Then I met a young Balinese woman, and I just loved her and knew that I would end up doing something we Balinese women in some capacity. I didn't know what, how, or when. I just knew that I was.

I started asking questions and trying to get a gist of the landscape. Who were Balinese women, and all these kinds of things? I met a Balinese priest during COVID. He asked me, "what do you want to do?" I said, "I want to empower women around the world." He said, "huh, our women here need empowering." And I thought, but how? I am one white woman who's popped up and is stuck here in Bali. I had no idea what to do with that, and I struggled with that for quite some time.

It wasn't until around the time that I started the 55 stuff last year on social media that I mentioned something similar to another Balinese man that I am friends with. He said, "Well, if you don't do something, then you're just as much as the problem." Which is true, right?

FTMag: Ouch.

Michelle: So he connected me with another woman, and we spoke to some Balinese women. We made a tiny bit of traction, but really, teasing out ideas. And in January, she couldn't help anymore. I didn't know what I would do, but I knew I was meant to do something. I knew I put all this work and energy in for some reason, so why not just do two books? The profit from your first one can go towards the second one. It was just decided.

The purpose of books is to start a conversation.

It's to have the words out there. But then, it allows the world to respond in some way. It allows something to come of that. And it starts to build momentum. It's interesting because some people have said, "Oh, cool, you're doing books. But what for?" I still don't have all the answers to that.

I don't think they will come until, I said, you have that response from the world, and we see where it goes.



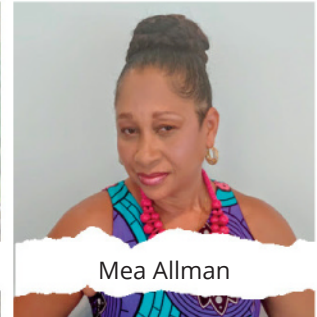
Karli Bree



Ayu Puspita Dewi



Ni Ketut Suriati



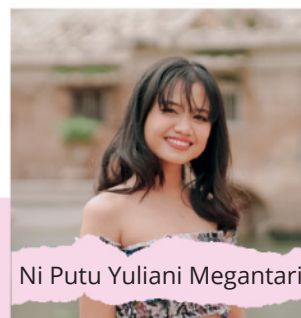
Mea Allman



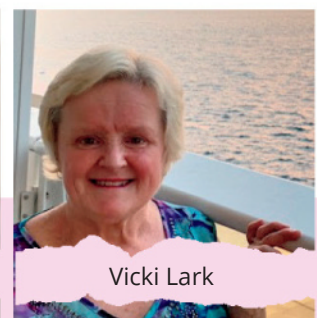
Viviana Premazzi



Ratih Hartiman



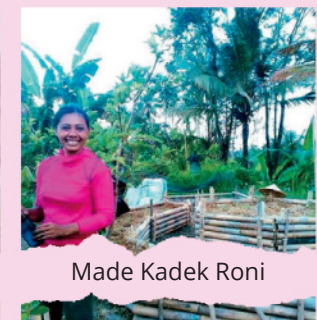
Ni Putu Yuliani Megantari



Vicki Lark



Jinju Dasalla



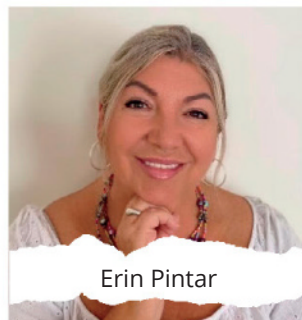
Made Kadek Roni



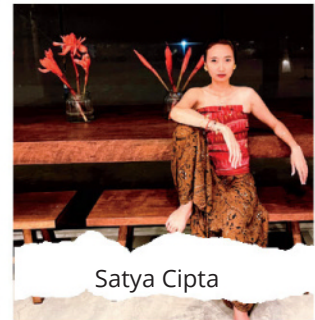
Nettie Floyd



Wayan Sukami



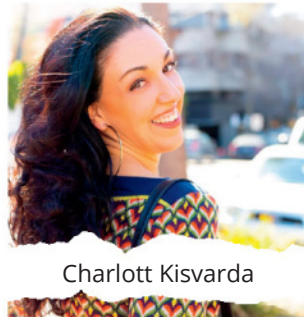
Erin Pinar



Satya Cipta



Gusti Putu Parmiti



Charlott Kisvarda



Desak Putu Ratnawati



Jasmine Walker



Penelope Prana



Kadek Lun



Tania Russell



Yuhana Raharjo



Ni made Dresning



Kylie Clarke



Anika Gunawan



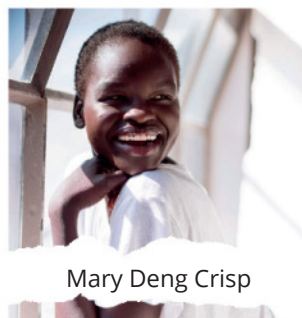
Bianca Raby



Trudy Morter



Devi Sukma Ernita



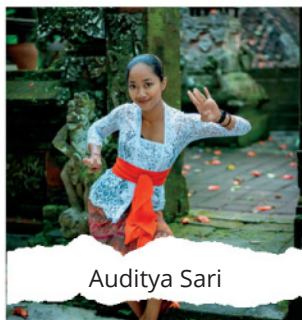
Mary Deng Crisp



Savitri Dewi



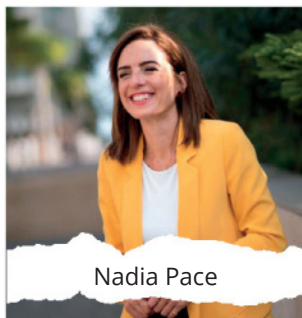
Erin Cotter Smith



Auditya Sari



Wayan Sriasih



Nadia Pace



Komal Kaur



Luh Pranasanti

FTMag: Why do you feel this work is essential to the world?

Michelle: There are so many different threads to it, and 55 Faces is part of it as well. I feel like there are three different layers, from the individual to the direct community and the global society. I'm interested in all of them. I don't feel that change at any one of those levels is more or less significant than the other. I think they're all just as relevant, and they all impact and influence each other as well.

There should be an opportunity for all those different spaces to be changed and for each to be connected. My primary background is social work, but I was directly working with young people around their stories. I was doing leadership and empowerment training with them, and putting them in front of ministers, commissioners, and CEOs and saying, "this is what is happening in my life, and this is what I want you to do about it." This, is what needs to change in the sector.

This is important on that political level, but also in terms of who's watching as well. We can miss the power and influence of the audience, who aren't directly involved in these interactions.

FTMag: Do you believe that Aspire threads all that together?

Michelle: Yes. Absolutely. It needs to touch on so many different layers and in so many different ways and be available and accessible to people at different points. Are they focused on the individual? Are they focused on the community? Are they focused on the global entity? I think these are ways that people need to be thinking and operating.

I'm just excited about this. I love creating opportunities, and I love creating experiences. And I think when you marry those three things together and get a bunch of people who care about important stuff in the world, in spaces like that. And just go... create. Then turn it into something.

FTMag: The potential and the possibilities that will come from the opportunities you've created for these women are limitless.

Michelle: Yes. You don't know where your story will end up; Florida, Haitian, Australia...

FTMag: I have one more question for you. What is your fierce truth?

Michelle: I will say two things. One is something that I've come back to over the last few days, and I feel like I've just come full circle.

Just very simple, the essence of life, love, and humanity and just attuning and reaching that deeper level. I think every time we come back, we come back to the same themes right on a deeper level. The other thing I keep coming back to, I'm just one human, and I'm going to enjoy being one human rather than trying to be the entire thing.

In the words of Audrey Hepburn, "I just do my own thing"

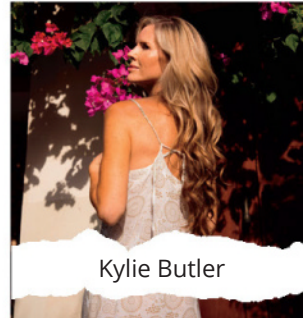




Ambra Cristaldi



Irma Hutabarat



Kylie Butler

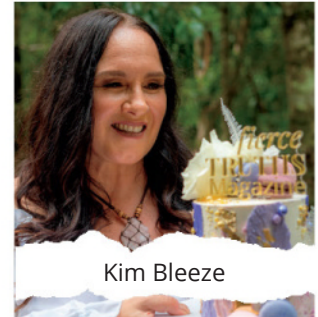


Putri Lie

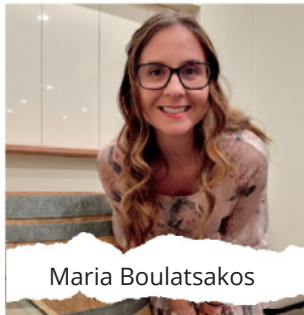


Gusti Ayu Catur Aksari

*What is the story YOU want
written for women?*



Kim Bleeze



Maria Boulatsakos



Ni Wayan Klemik



Michelle Poole



Melyananda Putu



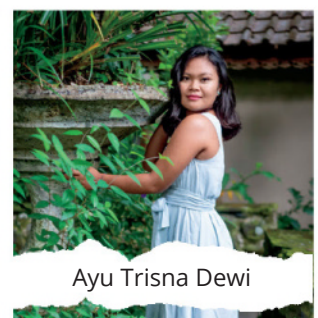
Michelle Gardiner



Monica Anitya Darumurti



Cate Dubois



Ayu Trisna Dewi



A narrative piece answering the question "what is the next story you want written for women?". Across two books, each features over 55 women, are these women's faces, stories and experiences.

55 FACES reflects the diversity of each woman, while weaving together threads of their world view and lives, and how they reflect on our broader social experiences.

Each woman considers how, as a result of her experience in the world, she would like to see the broader experience for women evolve.

Finally, each woman is asked to write her next story forward, sharing what and how she would like to experience herself and her life.

55 FACES

**"WHAT IS THE NEXT STORY YOU WANT
WRITTEN FOR WOMEN?"**

Each woman, in being published, has the opportunity to feel seen, heard, honoured and acknowledged, exactly as she is.

Collectively, 115 women's stories are being published.

One, global.

The second, local, featuring Balinese and Indonesian women.

COMING JANUARY - FEBRUARY 2023

Join the conversation here:
www.theaspireseries.com

SUPPORTED BY:

Your Minds fierce TRUTHS
Spiritual Magazine



the
ASPIRE
SERIES



THIS IS YOUR INITIATION, A TRUE RITES OF PASSAGE

YOU WANT:

To lead, ignite, inspire, and create change. You know SO deep in your heart that the best exists when we come together. When we speak. Share. Celebrate. Collaborate. You're the one who finds joy in not only stepping, but in jumping, cheering on and encouraging the women who join you along the way.

To lead as a woman who has crossed threshold after threshold to use your story, words and everything you are to instigate change and impact, The Summit is a true honouring of you, "right here, right now, helping you to answer..."

"THIS Is What I Am Here For"

The Summit has been created just for you. A phenomenal leadership opportunity. The place that will be as connecting and magical as it is the thing that launches you into the land of possibility. Co-created with you and for you.

The place and space where, upon leaving, you will only be able to say "you just had to be there. You just have to go"

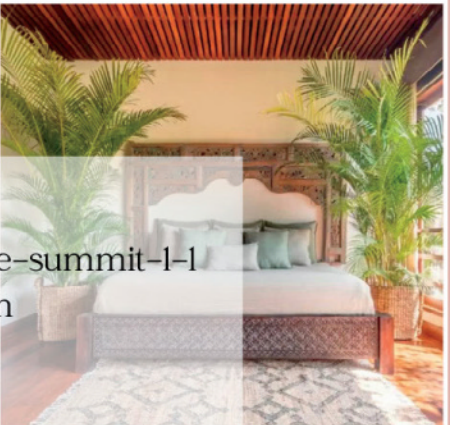
WHAT COULD BE POSSIBLE FOR YOU AT THE SUMMIT?

Join us at Soulshine Bali Resort for 3.5 days all inclusive, presentations, workshops, Gala dinners, book launches, the bringing together of women leading change from across the world, and the meeting with local women, culture and traditions.

17 - 20 JUNE 2023

UBUD, BALI, INDONESIA





FIND OUT MORE

<https://www.theaspireseries.com/the-aspire-summit-1-1>

Email: hello@theaspireseries.com

Supported By:






Love

CREDIT: COVER IMAGE: ADOBE.COM/SARINRA

Yourself



CREDIT: COVER IMAGE: ADOBE.COM/SARINRA

Fear as Our Friend

WHEN THE *FOE* BECOMES OUR GREATEST *FRIEND*

By JL Keez

When in fear we do respond
Then it is fear we do create
And hence the cycle goes
Until, in awareness
The cause that drives the fear
Is eliminated, dispelled
Then in love we do respond
And through love we do create

© 2014 JL Keez

Fear is a word we associate with, oddly enough, **fear**! From conception, the thoughts, behaviours, emotions, and physical expressions taught us to tell us that **fear** is to be feared at all costs! We are also taught about other approaches to life, but **fear** is the one that has the ability to take us down pathways possibly filled with struggles impacting health.

Of all the possible pathways, mental illness is the most prevalent.

Mental illnesses account for the suffering of 2.2 million Australians. Sadly, a high percentage falls into the younger age group of 18-24 years. At least 6 Australians suicide daily. The National Library of Medicine acknowledges the role of **fear** as being substantial as a contributor to mental illness development. **Fear** impacts and interrupts brain processes responsible for thinking, decision-making, and mood. It has the ability to alter how we see the world around us and hence, how we relate to it.

Reason enough then to explore this role in depth where healing from a mental illness is desired and pursued.



My lived experience of anorexia nervosa, migraines, chronic fatigue, OCD, depersonalisation, and suicidal depression, coupled with information gained when consulting with clients, has shown me that of all the emotions contributing to mental illness development, **fear** is always on the agenda. **Fear** cripples, disillusion, controls, and completely overrules sensibility for too many of us.

So, when the time arrives to heal from the mental illness we are living with, **fear** needs to be met head-on and with ferocity!



LET'S LEARN A LITTLE BIT ABOUT **FEAR** ...

Fear is a state of mind taught via the events we experience where an alternate explanation is not provided. Where **fear** multiplies in our lives, it infiltrates the cells of our body; seemingly in triumph, it tears us apart, leading us down a rabbit hole of eventual destruction. As **fear** dominates our connection to life, we almost have no other path to take but one characterised by the symptoms of a version of mental illness. To those who have not been taught this way of life, we are a puzzle. Should we discuss our plight with those not impacted, and contradictions and confusion arise?

What happens to those experiencing **fear**? Our world perception distorts, decisions made are influenced through a filter of **fear**, and lives become twisted existences void of a stop button. Where **fear** is the guide, self-esteem dwindles, self-acceptance vacates us, and empowerment never has a chance!

This was my life until I met the person who had lived my life before me. This person understood the words I used to describe my existence. This person had a stake in both worlds - understanding what **fear** does, and understanding the difference when **fear** is eliminated. She also knew how to connect meaning to the **fear**, dialogue with the content discovered, and, more importantly, use the information found to eliminate its hold.

LET'S LOOK AT HOW THIS WAS ACHIEVED...

Encouraged to honestly define the **fears** I lived by - to write each down - I was guided to really look at the words scribed. Truth and validity needed to be the parameters used to assess each. Acknowledging where the **fear** came from and standing in the shoes of those who taught me this allowed me to gradually understand why this was the emotion conveyed. Pulling the threads apart to comprehend the patterns they represented gave me a depth of knowledge I could then access to redefine the **fear**. Designing mantras in support of the new thought found me saying this out loud daily.

*Whenever I slipped back
into the old pattern through
thought,
I quickly stopped and
brought in the mantra.*

This was not at all easy, but over time, as **fear** lost its hold, the new way of filtering life became the forefront of my new life. I needed to be absolutely honest with myself as I ventured down this path. I could not sidestep and expect to heal. Challenging **fear** was imperative. I came to know that **fear** existed in my life because I did not know there was another way to live - a safe way. Often, safety is connected to **fear** and requires exploration within the recovery process.

Opening discussions with others who do not live through **fear** was another method used to assist me. This was an eye-opening undertaking! Hearing the stories of others and what they had learned regarding life meant seriously questioning the confines I was taught. Permission to live by new ideas was definitely challenging. Gaining the confidence to make the necessary changes resulted in freeing myself to create a new way of existing where **fear** no longer ruled.

And just as you feel the interrogation is complete, do not be surprised if more finds its way to you. Annoying as this is, it is that knowing part of you that understands you are now ready to face the next level. The strength gained from eliminating earlier **fear(s)** forms the basis for being able to tackle this next round.

LET'S LOOK AT ANOTHER METHOD PROVIDED WHERE ELIMINATING FEAR IS THE GOAL...

I recall the moment I was asked to consider viewing **fear** as my greatest friend, not foe. "Are you kidding?" How could something so debilitating be considered a friend? Understanding that we actually adopted **fear** as a guide to life, that we have put it in the position of the foe, is also another pill hard to swallow. After all, this was the learning, wasn't it? Yes, it was, but when encouraged to look at **fear** as being as powerless as us in being assigned this role, in looking at **fear** as an entity doing a job for us AND realising it wishes to hang up its boots as soon as possible, we can actually turn **fear** into an ally urging us to place it in the recovery bin!

I had arrived at the point where I was so tired of living with **fear**. I had given into its pull for years as it was easier to do so. At the suggestion of this being my greatest friend, I balked! However, when the explanation given of embracing **fear** as a source of protection, desperately wanting to share its knowledge with me to free me, was suggested, I warmed to the idea! Exploring the **fear(s)** I carried gave me invaluable insight into my development. Interrogating each using the methods outlined above found me questioning their messages. Additionally, I dialogued with **fear**. I set up pretend scenarios where I conversed with the **fear**. Rationalising, arguing, and learning from **fear** helped me make the changes necessary. I spoke with **fear** as a friend wishing me the

best to succeed. Whenever **fear** presented in my life, I stepped back and asked about its purpose. Instead of being angry, I quietly spoke with **fear** and learned my truths. Was this uncomfortable? Gosh yes! Was it worthwhile? Gosh yes! Discomfort shares the clues and solutions. Comfort tells us we have triumphed!

Giving **fear** the respect deserved, viewing this as being as trapped as I was, changed the nature of the association.

When **fear** became a 'greatest friend' I discovered a willing companion, not a mountain too hard to reconcile. Sure, **fear** can be a dominating ogre, but it needs to be in a way.

The louder, the deeper
fear is felt, the greater
the urgency for healing to
occur.

You see, **fear** has a positive role to play. It disturbs us, so we know there is something to address. Represented and identified as **fear** makes it somewhat easier to get to the core of why we have adopted this entity. We come to know that **fear** was taken on board to protect us from that which we apparently **feared**! It had a good purpose! However, over time, the weight of carrying **fear** and the negative impact eventually outweighs the benefit. When this time turns up, it is the signal to release **fear** from its duty. You are tired... so is **fear**!

As the process of understanding is undertaken, **fear** is able to find refuge in that bin along with all its relatives! This is '**fears** happy place'!

Once free of **fear**, our thoughts, behaviours, emotions, and physical body reflects this. The world around us changes. At this stage, revisiting the **fear(s)** through thought can deliver an interesting observation. With the **fear** lens gone, we can see the folly in each. We are also able to understand those with whom we held conversations regarding fear during the recovery process.

Most of all, we have come to really appreciate what living through **fear** does.

Fear creates fear - how
can it not?

Fear reinforces its own existence. But, when **fear** departs, replaced by love, then through love, our world responds.

And this is the antidote to **fear** - love. When **fear** rules, love has little chance to guide our life. But when we know that love is the alternative AND live through love, this is when recovery has come full circle. **Fear** took our souls, confusing us, and misguiding us. We took **fear** on initially, either due to this being taught or as a response to an event that gave us no other explanation. Our body tells us this through the mental illness taken on to cope. When **fear** is conquered - via a lot of hard work, I must say - a void opens needing to be filled; love holds this job!

As love fills our days and nights, the once great friend, **fear**, who showed us the way back home, gladly relinquishes its space, handing it to love. For **fear** knew all along that love was the missing link.

Fear hands the baton of 'greatest friend' to the one worthy of this role, love ... life then creates anew.



JJ.L Keez survived a nine-year struggle with anorexia nervosa., followed by many more experiencing related mental illnesses, including suicidal depression. Today, she is a Thought Leader in her field. She dedicates her life to empowering others suffering

from eating disorders and related conditions. J.L. is a Reality Therapy Certified Counsellor, passionate speaker, and influential teacher.

Visit her website at www.jlkeez.com.au.



Fierce Truths Magazine

AMBASSADOR PROGRAM





Do you have
what it takes?

JOIN US

Receive exclusive

perks!

...and the opportunity to earn

fiercetruthsmagazine.com/ambassadorprogram

SACRED
KNOWLEDGE



ENERGY TOOLS

Sacred Knowledge Energy Tools captures the profound impact of Tensor Technology making it possible for individuals to drastically improve their wellbeing as well as the environment.

Create a lasting positive vibration in your life!



SHOP ONLINE

WWW.ETSY.COM/AU/SHOP/SACREDKNOWLEDGE



@sacredknowledgeenergytools

@sacred_knowledge_energy_tools





Individuals, communities, and the earth can
benefit from Tensor Technology.

WHY TENSOR TECHNOLOGY?

Shifts *can* occur when a tensor field is introduced, including:

- Rapid healing of soft tissue and bone
 - Pain reduction
- Rapid response to Nerve Damage
 - Increased Physical balance
 - Enhanced water quality
- Reduced effects from noxious radiation including Pollution of water, air, and soil reduced
 - Improved crop yields and pest control
 - Improved Fuel mileage.
 - Lowers Power usage in the home
- Protects against EMF & RMF from smart meters, mobile phones ETC... And so much more!!!



• BE YOUR O

beau

OWN KIND OF•

tiful

This Months...

Self Love Questions

Do I feel guilty if I put my need first?

How important is my own happiness?

In what ways do I show love for myself?



Self Love Journey

I feel loved when:



I feel confident when:



I feel proud when:



I feel blessed when:



Productive Activities:

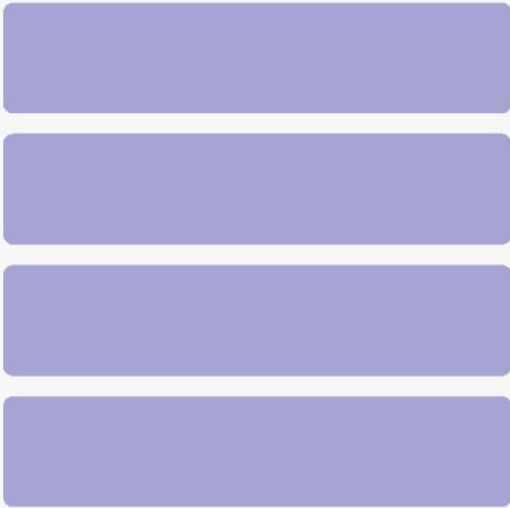
-
-
-
-
-

Things I'm Grateful for:



Self Improvement

Habits To Change



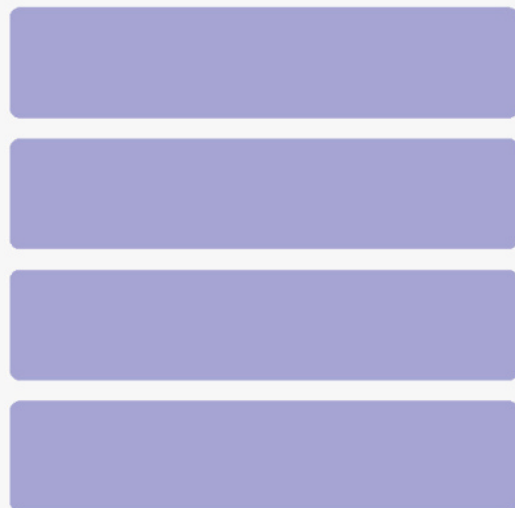
New Skills To Learn



Values To Enhance



Self Reflection





Monthly Focus

————— What is my priority for this month? —————

————— How can I improve my confidence? —————

**Things I should
keep on doing**



**Things I should
stop doing**





Vision Board

Wealth Goal

Health Goal

Social

Love

Family

Career

Spiritual

Knowledge





Notes

What else?







Only this moment matters



FORGIVING YOURSELF

By Mapesho

The hardest part about being human is learning to cope with our imperfections.

Getting to look in the mirror and acknowledge that you're not perfect is what allows us to become better people. As much as you might want to run from the past and start living a more fulfilling life for yourself. Not being able to properly forgive yourself is what will keep you as an individual stuck in the same cycle.

Everyone gets to make mistakes from time to time but recovering from them is what allows us to do more with our lives, further allowing us to become the versions of ourselves that will make a difference.

Here are some tips that you can use to free yourself from the past.

Accept It

Getting to make a mistake in life is something that's common. Even though it causes us to feel guilt or gives us a sense of regret, sweeping these moments under the rug won't help you move on because they'll still have a place in your mind.

Acknowledging that you made a big mistake isn't the easiest thing to do. No one likes to feel ashamed, but owning up to your shortcomings will only make it easier for you to start the process of moving on.

Constantly getting to avoid confronting these issues only leaves room for them to keep on affecting the rest of your life and further prevent you from being happy. Don't let what happened in the past affect the present.

Accepting it doesn't mean you'll get to repeat it but it just shows how much you've grown as an individual and can only go up from here.

You're Not the Same Person

The challenging part about overcoming big mistakes is coming to terms with the fact that you're no longer the same person. Sometimes, we stand in the way of our own progress, making it difficult to have a fresh start.

The fact that you're able to acknowledge what happened was wrong should give you the confidence to move on and start living life more freely. Moving on is something that shouldn't be rushed or that you feel pressured to do because you're in charge of your life; slow progress is still progress.

Staying with the mindset that you're not good enough is only going to affect your confidence and make you feel afraid of moving forward, but always remember that you matter.

A Little Positive Thinking

Stop thinking negatively about what you're going through and shift your mindset. Being positive doesn't necessarily mean that everything will change right away. Still, it gives you more of an opportunity to put yourself out there.

Clinging on to past mistakes leaves room for a lot of negativity to enter your life. When that happens, it

becomes very difficult for you to see the positive progress that has been made. Allow more joy into your life and start being positive about life.

The perspective that individuals have on life is what shapes their reality.

This is why it's always essential for people trying to move on from big mistakes to know that life isn't over yet. There's much more to live for, but staying negative will prevent you from seeing the light.

Channelling your energy onto something new might help you think less about the past. Inviting more enjoyment in your life and spending time with those who care about you is a good way to feel better about yourself.

The only thing that the past can offer you is a lesson, and gaining this knowledge will enable you to forgive yourself and get past that feeling of regret. No matter how big the mistake was.

You are in total control of whatever happens next in life. Each person has the power to make a decision, no matter how big or small it might be. It's these very choices that will either build us or break us. Looking for ways to forgive yourself for past mistakes is one thing but getting to act on it is another.

Nothing will happen unless you want it to. And as much as individuals want to feel sorry for themselves, don't hold yourself back from experiencing more of what life has to offer because of something in the past.

Move on.



Mapesho is just an ordinary Joe who happens to be A content creator looking to add meaning by sharing positive tips on a diverse number of topics. That will ultimately help readers unlock their full potential because he

believes that the only way we can truly make a difference is through our attitude.

Visit Mapesho's website at www.lifestylenstuff.com



IMAGE CREDIT: @RADARANIACOB.COM

We love
Sharing the **LOVE**

HOW TO CREATE *Sacred* MEDITATION SPACE



Creating sacred space for yourself doesn't have to be complicated.

Fierce Truths Magazine



Meditation rooms are not always separate; often, they are just secluded nooks or corners in someone's home where one can think, relax and meditate. However, having a private meditation room is not something that has to be exclusive to yoga practitioners or meditation masters.

You, too, can have your very own sacred space, which you can use as a place to sit back and escape the fast-paced and stressful daily life that most of us live. Your meditation room can be your hideaway, where you can breathe freely and gather your thoughts.

A place where you get to spend time alone, seeking answers you need to navigate life's hurdles. Without the influence of someone else's energy around you.

Here are 3 simple steps to help you create your own sacred space so you can begin, or refresh your meditation practice today.



1 Choose a Spot for Your Meditation Room: Quietness and isolation are the primary qualities a meditation room must have. No matter how small your home is, it is possible to have a meditation room where you can have a peaceful respite. Just find a place to set it up that is a little out of the way in your home. You can situate your meditation room in your bedroom if you want. Any corner that can be made secluded will do. Suppose your meditation room is not a separate room in itself. In that case, all you need to do is to partition it creatively so it can have the energetic and physical appearance of being separate.

2 Furnish the Meditation Room: A meditation room does not require many furnishings. The essential piece of furniture is a comfortable chair that is wide enough to curl your legs in. And even with that, a chair is not that necessary. If space is a problem, a cushion can serve in its place instead. A Bluetooth speaker or some other device to play music may be necessary. It helps a lot to meditate while listening to soft, instrumental sounds or perhaps to record natural sounds like the singing of birds or the sound of the waves or falling rain.

How your meditation room is lighted may affect how well you focus and concentrate in clearing your mind. The lighting you should install in your meditation room is soft and subtle. Stay away from the harshly glowing fluorescent bulbs when you light your meditation room.

You do not have to decorate the walls; if you paint the walls, a neutral colour will work best. You do not need anything that can distract you from your meditation. Although lovely, mindfulness-focused artwork, quotes or otherwise, is always a nice touch. To set and enhance the mood, you can place some scented candles, a vase of flowers, or perhaps some crystals. A potted plant can help set the mood, too. These are all the decorations you can consider when setting up your meditation room.

3 Maintain the Meditation Room: Your meditation room is ideally the one place in your house, if not in the whole world, where you can relax and clear your mind of anything that is bothering you. The one thing that will defeat this purpose is if you leave clutter in your space. No matter how busy you may be with your daily life, always find the time to keep your meditation room clean and free from clutter. Cleaning your meditation room may be seen as a form of meditation also. After all, you have a meditation room to keep your mind clear and unburdened.



As you can see, setting up your own sacred space for meditation and quiet reflection doesn't have to be difficult, challenging or expensive. It can be as simple as you need to get started immediately.

So a great question to ask yourself right now may be, "*how can I get started with what resources I have around me right now?*" **And then make a start.**



Fill your body





With love



CREDIT: COVER IMAGE: ADOBE.COM/SARINRA



DIVE
INTO
SPIRIT
SOUL
LOVE
LIFE



THE COMPLETE GUIDE TO BOOSTING YOUR MOOD WITHOUT PAYING A CENT!

By Amber Clarke

Mood-boosting is a process of improving the emotional state of an individual. Mood boosters can be helpful for those who feel down or need a little pick-me-up. Mood boosters are things that make people feel happy, energised and content. From foods to activities, mood boosters can be found everywhere.

There are many mood boosters out there that make us feel happy. One of the best is music – it allows us to connect with others and our feelings by listening to a song that resonates with us. Others include meditation, yoga and various forms of exercise such as running or biking. These all help provide an outlet for our emotions and a sense of purpose.

Why We Should Start Using Mood Boosters More Often

Why would we need mood boosters? It's important to understand that bad moods are usually caused by something external, like an argument with a friend or

family member or work-related stress. In such cases, it's easier to do something on your own to get over what's stressing you out rather than waiting for someone else to do something about it. Mood boosters are just some good ways of doing this on your own. There is no fixed set of mood boosters because everyone has different habits and preferences so if you're struggling with trying to find your



own mood booster, ask yourself, "when was the last time I felt happy? What was happening at that time?"

Can you recreate a similar moment for you to experience that joy again?

Increase Your Feel Good Vibes with these Simple Ideas

We don't always have money to burn on expensive things. But when it comes to feeling happy, there are many inexpensive and quick ways our bodies can help us.

Here are 7 FREE and simple ideas to make you happier.

- 1** Take a deep breath. Sounds silly but taking deep breaths in and out has been proven to reduce stress and anxiety levels by slowing down our heart rate, relaxing tense muscles and lowering blood pressure. It will make you feel better almost instantly.
- 2** Write down what you are grateful for every day. This will help you find the things that make you feel good more often.
- 3** Spend time outside daily. A lack of exposure to natural light can be a significant cause of depression. Being outside every day has been proven to increase

happiness levels and reduce stress levels, as well as many other benefits such as improved mood, energy and weight loss!

- 4** Meditate for 10 minutes a day on a regular basis. Meditation is proven to improve mood and reduce anxiety levels. It allows us to slow down our mind and focus on the present, leaving us in a much calmer state of mind.
- 5** Drink herbal tea. When a person experiences mild stress, it can manifest in different ways. Mild physical symptoms that mimic depression or anxiety can often be present. Whether you are experiencing these issues, herbal teas can help you de-stress and feel better.
- 6** Dance like nobody's watching. Dance is a type of exercise that can help you raise your heart rate and work out certain muscle groups. It also has some other benefits: when done regularly, it can help with symptoms of depression and anxiety. It's another way to get away from the monotony of life. Let your body move you!
- 7** Watch a funny movie or TV show that makes you laugh out loud. We have all heard that laughter is the best medicine before. Smiling can be contagious, and the seemingly positive emotions associated with laughter are not wholly erroneous. Give it a try. Start by turning the corners of your mouth into a smile and give yourself some time to laugh. It might feel artificial at first, but it's worth doing for how good you'll feel after.



Amber is the Founder of Miracle Mindset Coaching. She is a Certified Coach, Practitioner of Neuro-Linguistic Programming, Practitioner of Matrix Therapies and Certified in Conscious Hypnosis. She also has a Master of Communication and a Bachelor in Business & Commerce (Marketing). She's always been a people person and is

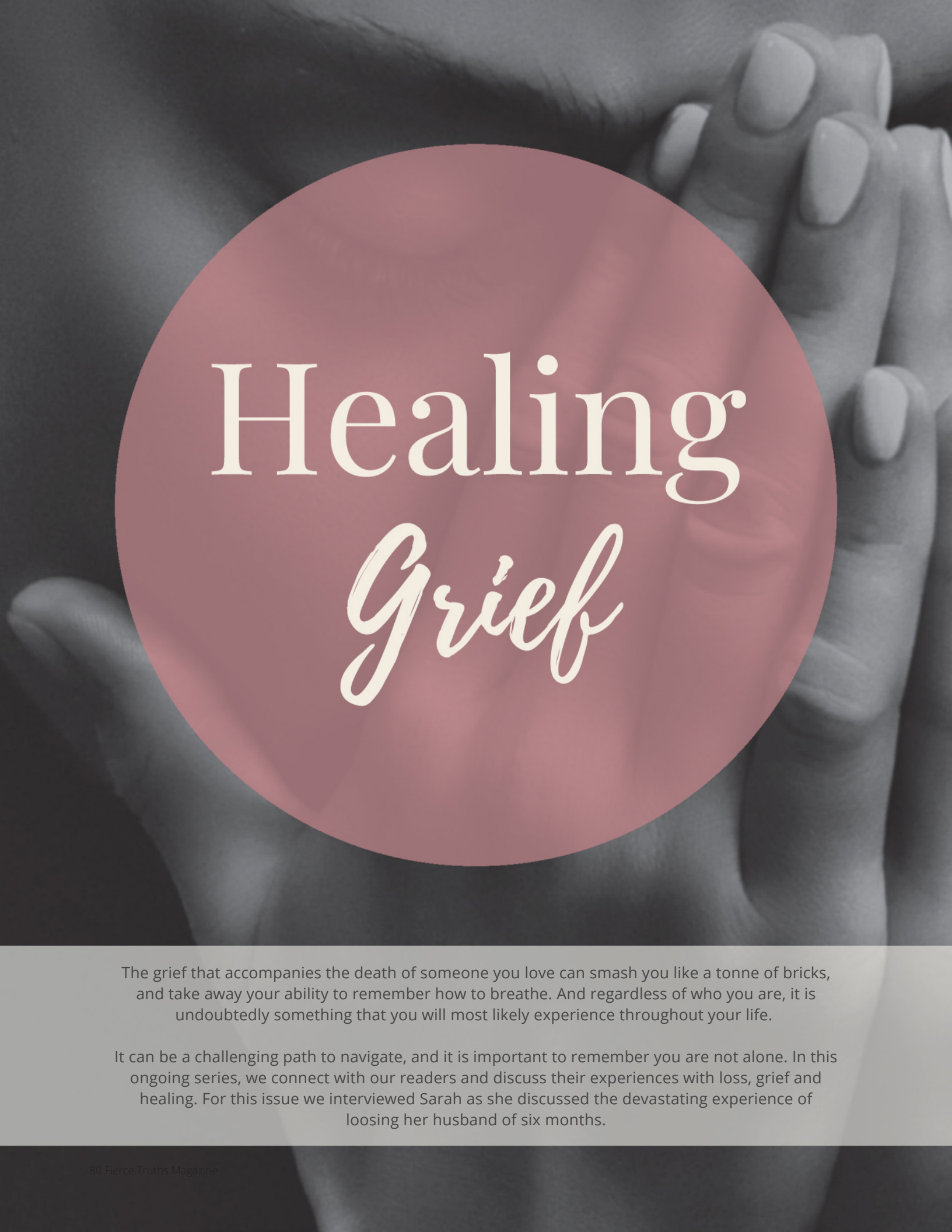
constantly searching for more ways to learn, grow and transform.

Visit Amber's website at www.miraclemindsetcoaching.com.au

JUST
here

IMAGE CREDIT: ADOBE.COM/ARTLANA

athe



Healing *Grief*

The grief that accompanies the death of someone you love can smash you like a tonne of bricks, and take away your ability to remember how to breathe. And regardless of who you are, it is undoubtedly something that you will most likely experience throughout your life.

It can be a challenging path to navigate, and it is important to remember you are not alone. In this ongoing series, we connect with our readers and discuss their experiences with loss, grief and healing. For this issue we interviewed Sarah as she discussed the devastating experience of losing her husband of six months.

"...those first few months, maybe even a year, I wanted to punch positive people in the face!."

FTMag: : Sarah, you lost your husband six months into your marriage. Can we talk about that?

I've never experienced anything so devastating in my life. We were just starting our life together, planning for our future and then in a blink of an eye, that was over. In so many ways, I am still reeling from losing Mark.

My heart is not the same without him.

FTMag: May I ask what happened?

Sarah: It was a car accident. It was late and we'd run out of milk for the morning, so I sent him to the shop. And he didn't come home. I was waiting, and waiting and then there was a knock at the door. I remember my heart sinking, I must of just known I guess. The police told me it was a head on and Mark would have died instantly. All because I was a grumpy bitch and sent him out for milk.

I've run through so many different scenarios of how that night could have gone and I blamed myself for the longest time. I still carry guilt, but it has eased. Thankfully. Otherwise I don't even think I'd be talking to you today.

FTMag: What helped you?

Sarah: Nothing at first. I was in a really dark place for a really long time. A few years actually. I often wonder if we'd had children together, if that would have made matters easier? Maybe, maybe not. At the end of the day, there's no use wondering about 'maybe's is there'.

I suppose things started to change when a close friend suggested I attend a grief support group. I was hesitant at first, I wasn't really ready to share my pain and I thought I was the only person in the world feeling it. So to go to that group, and meet other widows at different stages of their grief journey? I can't express how cathartic it was, still is. I don't attend as regularly as I used to, but I do try to every few months.

FTMag: Do you still grieve now?

Sarah: I miss Mark SO much and every day is a struggle without him but I have learnt to live without him. I can't say that pain has lessened a hell of a lot, but I do sometimes get through a day without crying over something. Sometimes it is even two or three days. I don't mind so much though, for where I am right now in my journey of

losing Mark, it's a reminder of how much he means to my heart. I'm not sure if I am ready for whatever the next in my process is. I haven't even started dating again yet.

I know those moments will come, and I know I do want to have love in my life again, but it needs to be when I am ready. And I don't feel too ready yet. I want to hide just a little longer.

FTMag: Do you find that positive attitude helps?

Sarah: Oh, those first few months, maybe even a year, I wanted to punch positive people in the face! I just didn't want to hear it. My thinking at the time was, how could I be positive ever again?

That DID shift though... I am naturally a positive person and eventually I did find the bounce come back. It took awhile, and so to answer your question, it did help once I was open to it again.

FTMag: What would your advice be to someone struggling through the death of someone they love?

Sarah: Actually the advice I really want to share is it to anyone that has anyone in their life they love. TREASURE THEM. HOLD THEM CLOSE. Wring every ounce of love out of your connection. Remember every detail of every moment you spend with them. You just don't know when it will be gone. And I know we don't like to think of losing someone but the sad truth is that it happens. Everyday.

All over the world, every minutes
maybe. There is someone losing
someone they love.



A close-up photograph of a person's feet standing on a rough, grey stone surface. The person is wearing a white skirt with a wide, ornate blue and red patterned border. Their feet are adorned with traditional jewelry: a silver chain anklet on the left foot, a blue cord anklet with a large circular silver pendant and several smaller coins on the right foot, and small silver toe rings on both feet. The background is a blurred natural setting with green foliage and a hint of a body of water.

“
Spontaneity
is the best kind
of adventure
”

- Author unknown



wild
goal

IMAGE CREDIT: ADOBE.COM/ARTLANA





IMAGE CREDIT: Christina / Adobe Stock

get xposed

WATCH THIS SPACE

BIGGER & BETTER

NEW 120-PAGE, BI-MONTHLY ISSUES

Publishing: July, September, November, January, March, May



WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AVXLIVE:ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>



THE MORE

grateful I am

THE MORE
BEAUTY I SEE

- Mary Davis

monthly musings



OUR *Fierce*
Experts



MONTHLY ADVICE AND GUIDANCE FROM
OUR **FIERCE TEAM** OF LIGHTWORKERS



LINDIE GUNSTON

Spirit and Soul

...is a South African born psychic, medium, and teacher based in Geelong, Vic, who is passionate about teaching psychic and mediumship development and serving Spirit.



JASMINE GATT

Love and WOO

...is an Intuitive Self Love Coach, Reiki master, psychic intuitive, hypnosis, NLP & ECT practitioner, on mission to guide you to create a loving relationship with yourself.



OUR FIERCE EXPERTS

fiercetruthsmagazine.com/ourteam



KARINA BARCA

Empowered Healing

...is a medium, healer, psychic, reiki master, teacher, mentor and forensic healing practitioner. Her passion is to serve, inspire and assist all who want to grow, heal and evolve.



LEILA VERBAN

Movement Matters

...is a creative, writer and a qualified Yoga teacher who continues to evolve her practice and refine her skills to incorporate counselling, meditation, energy healing and positive manifestation.



PAUL QUINTON

Channeling a New Earth

...is a gifted Spirit Channel and grew up in a psychic family involved in the esoteric all his life. Contributing to Paul fulfilling his soul's contract as a healer, teacher, channel and writer.

VISIT OUR TEAM

fiercetruthsmagazine.com/ourteam



Join Our Fierce Family of Lightworkers



By Karina Barca

IMAGE ©: colibrieva / iStock

EMPOWERED HEALING

CELEBRATION VIBRATION

We are at the beginning of a new year, 2023, and 2022 is behind us. I would like to steer away from some of the heavier topics I've previously discussed. What I would really like to talk about is the beauty and magic of celebration.

For humans, it is easy to look back on the year and let our thoughts go to the negative or tragic experiences that have impacted us and our lives. The problem is that we sometimes hang out in that place for too long.

While it is essential to review lived experiences to learn and grow from them, it's not healthy to only think of those specific memories. Doing that will lower your own frequency, which may overwhelm and attract more of the same. Because... where thoughts go, energy flows.

Spending an equal amount of time (preferably more) reminiscing on all the good things you have lived and experienced throughout the year far outweighs everything else.

Why? Well, most importantly, because you automatically move into your heart space when connecting to those memories. It feels good; you feel love, and you smile or laugh. All these positive emotions raise your vibration. So why wouldn't you want to stay there and reap the benefits of vibing high?

Another important factor is to celebrate them: all the moments, all the wins, all the achievements, and all your contributions. Everyone has good things to celebrate, no matter how bad things may seem. It does not have to be a hugely momentous occasion. It can be the simplest things that are far too often overlooked.

There is so much to celebrate. Your family, friendships, health, deep and inspiring conversations, sharing moments of laughter, good food, the beauty of nature, and so much more!

There are no rules when celebrating. You can celebrate and make anything special if you want to.

New Year's Eve is celebrated by seeing the year out and welcoming the year ahead. Saying goodbye to the year that has come to a conclusion is often attached to closing the door on all the bad that has happened. But what if you saw the year out and only focused on experiences that fed, nurtured and made your heart sing with love and joy? Wouldn't that be a beautiful acknowledgement and homage to the richness of your life?! Also, a wonderful

demonstration of gratitude could be given to people, animals, and experiences that have touched your soul, including pouring that wonderful energy into the Universe. Your soul's vibration will lift, and love you for it.

Then mash that up with a bunch of good intentions and excitement about what is to come for the new year. Now you will be celebrating the past and the future in the present moment. Be aware that your celebratory vibration impacts the present and the year ahead because of how you choose to celebrate the past.

Choosing to view life this way is also healing for your soul. It will help you see the good even in difficult times. Awareness, gratitude and an uplifted vibration help heal all wounds. Or further heal wounds that you may have been working on with your energy healer or any other practitioner or therapist.

Celebrating life and its moments is a beautiful way of honouring your soul and life on this earth.

Some simple ways to celebrate are:

- ♡ When in company, raise a glass and toast life, family, friendships, health etc. Even if it's with a glass of water!
- ♡ Achievements:
 - call someone and share the news.
 - give yourself a pat on the back and toast yourself.
 - buy a candle, towel, or pair of socks in your favourite colour.
- ♡ Go out for dinner, drive to the beach, watch your favourite movie, get a massage.
- ♡ Buy yourself a special pen, affirmation cards, a book, and a gratitude/goal-setting journal.
- ♡ Have a healing session.
- ♡ Create something for yourself. For example, drawing, necklaces, and painting.
- ♡ Plant something in honour of yourself or whomever/whatever you like.

By doing any of the above, not only are you celebrating moments, people and achievements in life, you are consciously acknowledging them.

In this fast-paced world, we live in small feats, and even larger achievements often go unnoticed because life is too busy. It is up to you to make them special, to celebrate them in small ways or on a grander scale. The choice is always yours.

As mentioned earlier, you honour yourself when you do these things to celebrate. This allows you to see yourself and build on your relationship with yourself. It is beautiful and sacred as it is self-connection and a demonstration of self-love.

These celebratory practices align you to a certain vibration that benefits you. And as this is energy, and to achieve and maintain a higher vibration, your energy needs to shift and move to allow flow. It is not always easy to shift into viewing and celebrating life in this way, as unhealed wounds and lack of self-connection and self-love impede this.

Having regular healing sessions is a helpful tool to heal your wounds and reconnect you to your heart. This allows self-love to return so you can see how much there is in you to be celebrated. Therefore, when your energy is in better flow and shifts to a better vibration, it opens the door for you to start taking these celebratory actions for yourself. Anything nurturing your soul is healing it. Being able to heal is a celebration as we have the opportunity to discover our true selves.

Life ought to be celebrated while we are alive and every moment is a celebration because we are alive! So fill your life with the vibration of celebration. Heal. Vibe. Thrive!

MOVEMENT Matters



By Leila Verban

**Connecting
to mindful
muscle
activation
– how to
move with
purpose.**

By definition, movement is either an act of moving or a change or development. Let's combine both and kickstart this space with ways to make every movement count for your mind and body. Be sure to seek advice from your healthcare provider or fully qualified trainer before attempting any new physical activities.

IMAGE © Studio Romantic / Adobe Stock

Endorphins are helping me feel euphoric and I just can't get enough!

We all know that exercise does our mind, body and soul a world of good, but we are too BUSY and STRESSED to fit it into our routine. There's irony in this because just about any form of movement, from walking your dog to gentle yoga, can act as a stress relief due to the brain's and body's natural responses.

The time has come to carve a little space into your daily or weekly schedule for movement that will:

- Increase the endorphins
- Boost your self-confidence
- Improve your mood
- Help you relax
- Lower symptoms of mild depression and anxiety.

Exercise can provide stress relief for your body by imitating the effects of stress. I know... say what!?! Humour me! The brain and the body are triggered into flight or fight mode when your heart rate rises, helping your body and its systems practice working together through those effects. Call it your biological fire drill. This gives your cardiovascular, digestive and immune systems a shake-up and helps protect your body from the harmful effects of life's unforeseen stress. Exercise in almost any form, from tennis to nature hikes, can act as a stress reliever, and as little as 20-30 minutes a day can help. Pumping up your brain's production, feel-good endorphins, otherwise known as neurotransmitters.

Endorphins are the body's natural pain relievers. They're a type of neurotransmitter, also thought to be hormones, acting on opiate receptors to alleviate pain and promote feelings of pleasure. These are released during acts that exert the body, both pleasurable and painful. You can partake in activities ranging from getting frisky to laughing, dancing or lifting weights. When you don't produce enough endorphins, you increase the risk of developing certain health conditions. You may have increased aches and pains, depression and anxiety, feel varying levels of moodiness and have trouble sleeping.

If you combine movement with something you love, you have the added bonus of releasing dopamine.

Dopamine is a feel-good neurotransmitter that the brain's reward centre releases during times of pleasure. In contrast to endorphins that are quickly released during a specific act, like exercise, to help alleviate pain and stress. The result; feeling a deeply 'euphoric' state, 'off this planet' good, or as the sneaker-wearing exercise junkies call it, "Runners High".

Try not to get overwhelmed by the idea of partaking in moderate to vigorous exercise. Start slow, increasing the time and intensity as you improve your stamina and fitness. Any movement is better than no movement and is what our body is designed to do. Throwing a frisbee in the park or a simple walk to the local shop for milk instead of driving is a great way to start.

Moderate to vigorous-intensity aerobic exercise and strength training can lead to a surge in endorphins and other feel-good chemicals such as endocannabinoids, dopamine and serotonin. One exercise that is often overlooked but is most definitely a healthy form of movement is...sex. Sex increases dopamine, serotonin and oxytocin, a hormone linked to connectedness and trust. It also increases your heart rate, promoting stamina, which supports your health and improves your mood. Other overlooked movements are laughter and dancing, especially in social scenarios that help generate a connection with like-minded individuals.

If you are ready to break the perpetual loop that is your internal dialogue; that tells you that you were never an active person, better suited to exercising your brain in the pages of books or your fingers in creating art or gaming hard. You want to actively start incorporating healthy movement into your schedule, start with these activities...

Be sure to check with your healthcare provider and match activities to any injuries or ailments you may have before trying anything new. And please don't limit yourself to this list! Try getting creative and finding the best way to enjoy this time you have carved into your schedule. HAVE FUN! Laugh your way through it ...

Dip your toes in first exercises:

- Wash your car by hand
- Walk to the shop for your milk and bread
- Sweep the leaves off your patio in place of a blower
- Walk your dog to the dog park
- Play hide and seek with your children
- Yin Yoga

Moderate intensity exercises:

- A brisk walk
- A gentle bike ride
- Gardening
- Swimming laps or visiting your local creeks (rock hopping counts!)
- Rock climbing for beginners
- Hatha Yoga (have you tried couples yoga??)

Vigorous intensity exercises:

- Mountain bike riding
- Playing fast paces sports like Soccer
- Skateboarding
- Running/Jogging
- Skiing/Snowboarding
- Ashtanga Yoga (hello stamina!)



SPIRIT & SOUL

INTUITION - LANGUAGE OF THE SOUL



By *Lindie Gunston*

Each and every person on this planet was created with an inner compass that guides our lives. This internal guidance system serves as an inner "truth meter" for want of a phrase, and it helps us to make important decisions at various critical turning points in our lives. Some call this natural gift of intuition, "spiritual guidance", or "gut feelings".

We all connect to intuition in our own unique way. Those souls with artistic or musical gifts may call upon their muse to inspire them with creative ideas. Those who do work that involves great physical or mental effort may connect with their inner wisdom by challenging themselves deeply to break through the barriers that may stand between themselves and their inner gifts. Some of us may lead very busy lives with not much time to tune into our internal guidance system, but our dreams may serve as messengers to share with us the important information we may have tuned out in the middle of a busy day.

Each and every person on this planet was created with an inner compass that guides our lives. This internal guidance system serves as an inner "truth meter" for want of a phrase, and it helps us to make important decisions at various critical turning points in our lives. Some call this natural gift of intuition, "spiritual guidance", or "gut feelings".

We all connect to intuition in our own unique way. Those souls with artistic or musical gifts may call upon their muse to inspire them with creative ideas. Those who do work that involves great physical or mental effort may connect with



their inner wisdom by challenging themselves deeply to break through the barriers that may stand between themselves and their inner gifts. Some of us may lead very busy lives with not much time to tune into our internal guidance system, but our dreams may serve as messengers to share with us the important information we may have tuned out in the middle of a busy day.

Our intuition is a profound gift that connects our embodied physical self with our divine spiritual essence. The soul can communicate with our embodied self through this line of light, and we can develop this inner connection over time through meditation, contemplation, and the deep desire to come to know ourselves more.

Our intuition can benefit us at all times in our lives, especially during times of great stress or emotional difficulty. In situations where we are facing challenges such as the death of a loved one or an illness, many intense emotions will arise from within us. Our habitual supports are removed or shaken, which can cause us to feel unsettled and adrift, without anything to hold onto.

Our intuition can act as a guiding compass, instinctively pointing us toward the support we need to get through the difficulties we face. When our minds fail us because we feel overwhelmed, the voice of our inner wisdom speaks clearly and will repeat itself as often as necessary.

If we are used to being in control of our lives and are then suddenly faced with a situation we cannot control, we may feel scared and desperate because our usual methods of coping no longer are working. Intuition, however, will always work, even in the trickiest of circumstances, because our embodied human self in the physical world is always connected with our larger spiritual self.

In times of great challenge or crisis, our spiritual support systems are activated from the spiritual realms. Our connection with intuition or guidance is strengthened, and those loving beings in the spiritual realms that watch over us and guide our lives provide extra assistance.

If we have become used to brushing off our inner wisdom, or have shut down the intuitive parts of ourselves through years of neglect, it may feel as though we can't find the thread of light that would reconnect us to our source. It is important to understand that no matter how disconnected we become from our divine inner wisdom, it is always available to us. Even if we have erected barriers to shut out our inner guidance for a time, these can be removed by cultivating a spiritual practice through meditation and intention.

If we have been disconnected from ourselves for a very long time, the process of reconnecting will often bring up old emotions, thoughts, and memories that we may have kept hidden from ourselves and that we were not ready to deal with. During this rebalancing phase, it is so helpful to engage in some kind of regular spiritual or emotional support system that can help stabilize our inner connection with our spirit.

One of the most challenging aspects of the healing process is remembering that emotions and memories from the past are coming up in order to be healed and released. A support system can help us to anchor in the strength of our inner being, to allow the emotions and feelings to pass through us, and release them from our body, mind, and spirit.

As this cleansing process happens, intuition and inner wisdom are naturally strengthened, for there are fewer barriers between ourselves and our spirit. This deeper internal connection can provide a source of wisdom, freedom, empowerment, and comfort during difficult times, and will sustain us throughout life with greater love, joy, and peace. Inner wisdom is a great gift and is intended not only to bless our individual lives but to share with others to bless all of life through our connection with the divine.



CHANNELING

A NEW EARTH

Feminine Reproductive Cycle



By Paul Quinton

The female reproductive system

Veridian's

The misalignment has compromised the cyclical nature of the reproductive system with the Moon. We are seeing this across your planet, creating a massive imbalance with this alignment, and it's causing havoc in the emotional body and the throat Chakra. Many moons ago, in ancient times, a ceremony to honour life was a weekly occurrence, and each moon phase was celebrated. The sacred honour of the feminine cycle is critical to a balanced emotional body. With the increase in toxins ingested through allopathic medicine, these chemicals affect the hormonal process, putting pressure on the immune system. If you don't release the blood, you are holding onto emotional energy, which, when suppressed, creates more problems.

There must be a conscious effort now by human females to align with their natural cycles and to honour the earth mother. As you release blood from the human body, so does the Earth's body remove her



Images Credit: Adobe.com/Tryfonov



AWAKEN
AWAKEN
AWAKEN
AWAKEN

emotional energy; you then align with the Moon and earth cycles. Once this occurs, the period should be smoother in the individual with less intensity. Females can react through their period because the amount of emotional charge trying to release isn't in alignment with the Earth/ Moon cycle. So it doesn't flow, leading to anger, mistrust, dislike, etc.

If you breathe into the pain, you are honouring your own experiences because, in truth, you have all created your

own lives of drama, trauma, and of course, love and happiness- no one else is responsible. If you project anger towards another, you aren't honouring your own life or experience.

Resisting a universal cycle will only bring more confusion and despair. When you have pains in your body, you need to acknowledge the pain with love, not fear, because your emotions manifest through the physical, and the gentle surrender to this fact gives you greater peace through this new cycle of consciousness. We feel it's time for you to focus only on the present moment- exactly how you feel each moment- and accept it without fear or judgement. This way, your conscious can detach from the story and offer you intuitive insight into your internal make-up.

A broad and varied message, however, it is the foundational truth to the human feminine cycle. It would be good to be conscious of ancient trauma within your subconscious so, at the time of the monthly release, you can set the intention to release it.

You may experience more pain at the beginning, but that is the greatest gift because it can only release once its felt and acknowledged. The subject of abuse we cannot pass over. We feel that over this next year, the abusive patterns will start to arise for release in the Feminine population of those consciously working on themselves - because union must be brought back into balance and that is the feminine also releasing the male patterning of abuse. Females need to balance the masculine just as much as the male force on the planet has to surrender to the divine masculine so that it may align with the divine feminine. The abuse in human females sits in the womb and ovaries, and this is a time to honour those organs and give them space to heal and transform.

You cannot heal yourselves
through the intellect-you
must surrender to the
feelings with gratitude so
your soul can perform the
transformation you so
desperately seek in your
hearts.

Once you align to the Moon, you will feel a sense of connection, with a stronger sense of empowerment.

Algolrians

The sensitive children now incarnating are a direct reflection of healing the cycle of abuse that has been playing out for aeons. And what you are finding on the planet is a 4-dimensional space assembled in the Mother's aura - this geometric structure sits within the etheric, and it holds the frequency of the consciousness the soul is grounding into the Earth. And the female on the planet who is here to awaken is feeling these effects in their emotional bodies. The feminine expression has a newfound strength now manifesting on the Earth, and as more of these children are born, the quicker the human female returns to her power. These unique souls incarnating must be given space to grow emotionally and spend as much time in nature and the water as possible.

Many won't fit into the draconian school model and must understand their emotional world before any left-brain pursuits. Otherwise, they'll become ungrounded frustrated, and depressed. They are connected to a higher call and see the importance of unity within humanity.

They may come across as opinionated or moody, but this directly reflects the parental energy being played out in the home. They do not like to resonate in emotionally dysfunctional environments due to their sensitive nature. And yes, nine out of ten times, their imaginary friends are real. They bring to this planet a full arsenal of spirits who carry the same intention to bring Earth into homeostasis.

The Algolrians are from the star Algol. They hold raw feminine energy, including the denied feminine expression. Over the centuries, the feminine has been depicted as the medusa head of snakes; a direct reflection of the masculine fear of raw feminine energy.

Algolrians are the feminine side of the work, and the Veridian's represent the masculine intellect. They are the two primary frequencies I channel.



IMAGE © AikaMozaka / Adobe Stock

SELF LOVE & WOO

The value in choosing you



By Jasmine Gatt

We are the first to discount ourselves. It is a protection strategy because if we discount ourselves first, then we get in before others discount us. We protect ourselves (ego) by bringing ourselves down.

We set the bar, the standard for how we allow others to treat us. This isn't only an external appearance; our external reality is direct reflection of our internal standards. Hold yourself in the highest regard.

If you wouldn't speak to a friend or a stranger in the way your internal chatter speaks to you, it is time for a cleanup. Overhaul that negative Nancy who lives in your mind. I can imagine that she has put out the fire, to a few of your ideas, in the past.

Allow love and kindness to be your primary currency. Does this mean we ignore the parts of ourselves that we would like to improve? No. It means that we set our goals in a way that honours and accepts our present state and moves forward with a momentum that excites and ignites us.

The value of choosing ourselves first means we unconsciously permit those around us to do the same. When we come first, we don't project an unconscious

unmet need that plays out in our reality- 'cue the 'I'm not good enough' limiting belief soundtrack- thanks, DJ'.

The conscious choice of choosing yourself means you no longer invest your time by seeking external validation from others. This allows you more time and space to put towards doing the things that will move you forward. It also allows us the grace of turning down the noise. When we are grounded in a space of uncertainty and disconnect within self, then we are more easily influenced by others. Whereas, when we feel grounded and connected within self, the opinion, views and projections from outside of ourselves don't feel as impactful.

We can see things from a balanced and more productive perspective.

It is essential to understand that making yourself a priority and choosing to honour yourself first is not selfish. It does not mean that others now miss out. It does mean that you can now serve from a place of love and authenticity. You are leaving resentment and the feeling of obligation behind.

When you are fulfilling your potential and truly looking after yourself, you are in the best possible position to help and support others. We've all heard the statement 'put on your own oxygen mask first'.

So, you can see the value in choosing yourself first. Now what? We know it is a game changer, we know it is what we need to do, and we know that it will make us feel good, but how do we make it work? Cue, 'I'm too busy to take time for myself'.

Choosing yourself first comes in many different shapes and sizes, and most importantly, it is a very personal fit. Some days it may look like setting strong boundaries. Others it can be reframing negative self-talk. The next it could look like turning down social commitments.

Choosing yourself first can look like blasting your favourite songs in the car and enjoying a shameless boogie. It may be an act that takes 2 minutes or 2 hours. You choose. You are in the driver's seat. Act intuitively, recognise your own cues and take the action to ensure that you are getting what you need so that you can continue showing up.

By holding our own highest standard, we set the clear intention, that we won't accept anything less from others. We give permission to ourselves and those around us to prioritise ourselves. We spread the loving energy far and wide that a fulfilled and purposeful being is in the best position to serve others. By embracing the value of choosing ourselves, we act from, and lead with love.

By honouring the value of choosing you, you choose all of those around you, too.

IMAGINE....

YOUR AD HERE



TAKE A



Break

NEW collection



VISIT US AT
FIERCETRUTHSMAGAZINE.COM/SHOP

CHECK OUT
OUR FULL
RANGE OF NEW
PRODUCTS!



VISIT US AT
FIERCETRUTHSMAGAZINE.COM/SHOP

Fierce Truths Spiritual Magazine

JOIN US

Submissions always open

WRITE AN ARTICLE

Get Interviewed

SHINE

BE A PODCAST
GUEST!

GET PUBLISHED

Get your face in Fierce
Truths Magazine

JOIN OUR TEAM

BECOME A FIERCE EXPERT

SHARE YOUR STORY

Raise your professional
profile

www.fiercetruthsmagazine.com/collaborate

A close-up photograph of a person's hand holding a smudge stick. The hand has dark red nail polish and is wearing several rings, including a large gold ring with a blue stone on the ring finger and a silver ring on the middle finger. The smudge stick is made of dried herbs wrapped in a light-colored paper, with a small flame at the tip. Wisps of white smoke are rising from the burning tip. The background is a soft, out-of-focus light gray.

Go Smudge Yourself

FIERCE
TRUTHS
MAGAZINE

Real. Raw. Awake

FIERCETRUTHSMAGAZINE.COM